

## WHAT IS POSTPARTUM DEPRESSION?

Postpartum depression is a mood disorder that new parents might experience after childbirth.

Some studies show it may begin even earlier, during pregnancy. Postpartum depression is experiencing feelings of extreme sadness, anxiety, and exhaustion that may make it difficult for the parents to complete daily care activities for themselves or for others. The first year after delivery may represent a high risk time for depression.

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The reported rate of some type of clinical postpartum depression among new parents is between 10% to 20%.

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## WHAT CAUSES POSTPARTUM DEPRESSION?

Postpartum depression does not have a single cause, but likely results from a combination of physical and emotional factors. Postpartum depression does not occur because of something the new parent does or does not do. After childbirth, the levels of hormones (estrogen and progesterone) quickly drop and this leads to chemical changes in the brain that may trigger mood swings. In addition, many new parents are unable to get the rest they need to fully recover from giving birth. Constant sleep deprivation can lead to physical discomfort and exhaustion, which can contribute to the symptoms of postpartum depression.



## Employee Assistance Unit

The Employee Assistance Unit (EAU) is designed to assist Members of the Service who are experiencing personal and/or professional problems. The early identification and resolution of these problems can minimize the impact on a member's career or home life.

Referrals are accepted from fellow Members of the Service, unions and fraternal organizations, family, and friends.

Our unit is **NOT** a disciplinary arm of the department. Communications between EAU personnel and Members of the Service remain **CONFIDENTIAL**, EXCEPT in cases of criminality or suicidality.

**EAU IS AVAILABLE 24/7** by phone or in person. Peer counselors will meet you, and care for you, where and how you are most comfortable.

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If it's important to you,  
it's important to us.

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**Employee Assistance Unit**  
90 Church Street  
Suite 1209  
New York, NY 10007  
646-610-6730

# Employee Assistance Unit

## Postpartum Depression



## SOME OF THE MORE COMMON SYMPTOMS OF POSTPARTUM DEPRESSION ARE:

- Feeling sad, hopeless, empty, or overwhelmed
- Crying more often than usual or for no apparent reason
- Constant worry or feeling overly anxious
- Feeling moody, irritable, or restless
- Oversleeping, or being unable to sleep even when the baby is asleep
- Having trouble concentrating, remembering details, and making decisions
- Experiencing anger or rage
- Losing interest in activities that are usually enjoyable
- Suffering from physical aches and pains, including frequent headaches, stomach problems, and muscle pain
- Eating too little or too much
- Withdrawing from or avoiding friends and family
- Having trouble bonding or forming an emotional attachment with the baby
- Persistently doubting the ability to care for the baby
- Thinking about harming oneself or the baby

**SUPPORT IS  
AVAILABLE 24/7  
CALL ANY TIME  
646-610-6730**

## HOW TO OFFER SUPPORT:

- **Keep the lines of communication open.** Verbalize your feelings instead of being distant. It is helpful to take a break if your tempers are hot, but do get back to communicating.
- **Offer simple affection and physical comfort.** Be patient - it's normal to experience a decline in intimacy due to depression. Rest, support and recovery will help immensely.
- **Be sensitive.** Your partner is adjusting to the needs of the new baby, and that brings challenges to both parents. Try to be understanding, patient and sensitive to these needs. Help your partner and yourself by actively listening and being attentive.
- **Be supportive.** It is possible that the new parent will need support beyond your capabilities. If either of you feel overwhelmed, do not hesitate to call the Employee Assistance Unit **24/7** for support, resources, and/or referrals.

## POSTPARTUM DEPRESSION RECOVERY SHOULD INCLUDE HEALTHY LIFESTYLE CHOICES

Take care of yourself by avoiding alcohol, maintaining a proper diet, staying hydrated and engaging in physical activities (walking, yoga, etc.).

Treatments for PPD generally include therapy with a mental health professional. Talk therapy is recommended and may be used in conjunction with prescription medications such as anti-depressants.

## RESOURCES FOR PARTNERS AND FAMILIES

Scan the QR code or visit the website at [www.Postpartum.net/GetHelp/Family](http://www.Postpartum.net/GetHelp/Family)



If you believe you may be suffering from postpartum depression, contact EAU at 646-610-6730.

## IMPORTANT RESOURCE NUMBERS

- ★ **Interim and Critical Incident Support Services**  
212-343-3701
- ★ **Pregnancy Medical Division**  
718-760-7654
- ★ **Health Insurance Section**  
646-610-5122
- ★ **Payroll & Benefits Section**  
646-610-6160
- ★ **Police Pension Fund**  
212-693-5100
- ★ **Family Medical Leave Act (FMLA)**  
718-760-7662
- ★ **Military & Extended Leave Desk (MELD)**  
646-610-5513
- ★ **The Motherhood Center of New York**  
205 Lexington Ave FL 10,  
New York, NY 10016  
212-335-0034