

# POSTPARTUM RISK FACTORS

If you have experienced one or more of the following on this list in the last 3 years, you might have more of a likelihood of developing Postpartum Depression. Having an awareness of your risk factors will help you be aware of your triggers. We encourage you to make a plan with you support system.

History of Severe PMS

History of Insomnia

Traumatic or Disappointing  
Childbirth Experience

Multiple Birth Pregnancy

Unwanted or  
Uncertain Pregnancy

Perfectionist Tendencies

History of Physical or  
Sexual Abuse or Neglect

Recent Stress  
(illness, finance change, job  
change, move, divorce etc.)

Isolated from Support  
(a move)

Relationship Struggles

Struggling with Need of Baby  
(especially with a special  
needs baby)

Past Struggles  
with Depression