

# WEDNESDAYS WITH



## Ending the Silence on Postpartum Depression

Most new mothers experience the "baby blues" after giving birth. However, about 1 in 10 new moms will experience a more severe and longer lasting form of depression called Postpartum depression. Postpartum depression is a mental health disorder that usually starts within four weeks after delivery and can affect new moms in many ways.

Symptoms of postpartum depression can include: trouble sleeping, appetite changes, severe fatigue, frequent mood changes and more.

If you're struggling with postpartum depression, you're not alone. In fact, content creators and new moms on social media platforms like TikTok are raising awareness about the prevalence of the issue. Cafemom even [published a piece](#) recently which shared a video of [a TikTok user](#) who didn't know she had postpartum depression and sent out a plea for help.

Just because a mom didn't experience postpartum depression with previous births, does not mean they're exempt from experiencing it after future births. Some moms have stated they didn't experience postpartum depression until after their 3rd birth!

If you think what you're experiencing is postpartum depression and need help, [contact the help line](#) for Postpartum Support International:

Call 1-800-944-4773 (4PPD)

English & Spanish

Text in English: 800-944-4773

Text en Español: 971-203-7773

In an emergency:

National Crisis Text Line:

Text HOME to 741741 from anywhere in the USA, anytime, about any type of crisis.

National Suicide Prevention Hotline & Website:

1-800-273-8255



Join us during Black Breastfeeding Week for a free, digital screening of [Chocolate Milk, the documentary](#) on Wednesday, August 25th from 12:00 - 2:00 pm. Sign up now: <https://us02web.zoom.us/meeting/register/tZEucOquqjloH9Neh8uao-NydsVnbIX5bty->

# RECENT CONTENT



## BREASTFEEDING CRUSADER

My breastfeeding journey started back in 2000. When I found out I was pregnant the one thing I was certain about was how I wanted to feed my child. When I was in college, I had a friend who was married and had a daughter. She breastfed her daughter until she was one. She was my influencer. I took a breastfeeding class. It gave me some benefits of breastfeeding and different positions. I recommend all first time mothers and those breastfeeding for the first time take a breastfeeding class.

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## ENDING THE SILENCE IN WOMEN'S MENTAL HEALTH: POSTPARTUM DEPRESSION

Expecting a new baby is perhaps one of the most beautiful and joyous moments in life, though it can also bring stress, anxiety, and mood changes to new mothers. Many women experience a brief period of 'baby blues' after childbirth because of the fluctuations in hormones. But for some women, about 1 in 10, the period after delivery brings the development of a more severe and longer-lasting form of depression: postpartum depression.

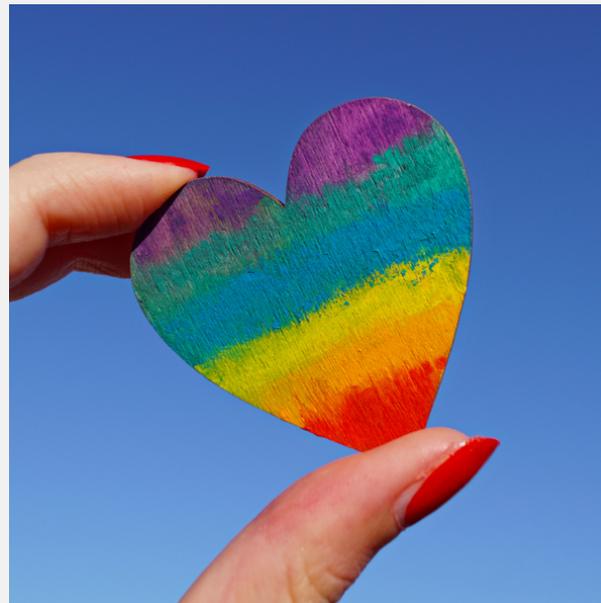
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## Here's What I Learned What an Organization's Pride Work Should Entail

As I'm tying up my role as a Pride consultant for Women AdvaNce, I've been reflecting about what I've learned.

While not every LGBTQIA+ person may feel this way, here's what I've come to believe and want organizations to know.

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## Did You Know You are Supporting Religious Crisis Pregnancy Centers?

**Are you aware that your taxpayer dollars are funding anti-abortion crisis pregnancy centers (CPCs)? When I first found out that North Carolina was funding CPCs rather than having that funding go toward public health clinics, I really couldn't believe it.**

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