

Postpartum Depression

Hormonal changes associated with pregnancy and childbirth can cloud the idyllic scene of delighted parents snuggling a contented newborn. Many women experience the onset of a major depressive episode in the weeks or months following delivery known as Postpartum Depression (PPD). According to Psychology Today, the National Institute of Mental Health and the Mayo Clinic, common symptoms include:

- Appetite changes
- Depressed mood/mood swings
- Feelings of guilt, inadequacy or worthlessness
- Hopelessness or despair
- Insomnia or sleeping too much
- Loss of interest in pleasurable activities
- Over-concern or lack of concern for baby
- Poor focus/impaired memory
- Thought of harming baby or yourself

These and other symptoms can impact you, your child and your family. NuVantage supports families as they manage adjusting to a new baby, a mother experiencing PPD and other family stressors.

Visit the NuVantage Wellness Portal to read articles on maternal depression and PPD. At www.NuVantage.org enter the Wellness Portal with your first name and the password: wellness. Go to Health and Wellness and search *Depression* or *Pregnancy*.



The right help at the right time.
NuVantage is here for you.

Free and confidential.
24 hours a day, 7 days a week.

800.577.4727

www.NuVantage.org | NuVantage@lssmn.org

Online wellness portal password: wellness



**Lutheran
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Provides NuVantage Employee
Resources as a service

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What does “per issue, per year” mean?

Based on your employer’s contract, NuVantage clients receive either three or four sessions “per issue, per year.” *Per issue* refers to the different categories of counseling support:

- Behavioral Health
- Disability Evaluation
- Elder Care Consultation
- Financial Counseling
- Financial Planning Consultation
- Legal Consultation

Per issue also applies if you have multiple issues within a category. For example, a couple may receive marital counseling as well as counseling for co-parenting their children.

Per year means the benefits you access within a 12-month period.

Not sure if your situation applies? NuVantage representatives will sort it out for you. Email us at NuVantage@lssmn.org or call **800.577.4727**.



“Once you choose hope, anything’s possible.”

– Christopher Reeve

NuVantage can help.

800.577.4727

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Contact Us Today!