

## Shining a Light on Perinatal Depression (*Interview Transcripts*)

**Dr. Haley Ralph, Family Medicine and Prenatal Care Provider, OSF HealthCare**

“It may occur sooner in the pregnancy, especially if a patient has a history of major depressive disorder, general anxiety disorder, anxiety, depression, or even bipolar disorder. If they have these prior to pregnancy, it can definitely be heightened throughout their pregnancy or perinatal era or postpartum period afterwards.” (:21)

**Dr. Haley Ralph, Family Medicine and Prenatal Care Provider, OSF HealthCare**

“It is also possible for the first episode to happen in the perinatal timeframe, so either during pregnancy or within 12 months after delivery. And sometimes that’s the first episode a woman has and most of their first episodes can happen during the reproductive age.” (:17)

**Dr. Haley Ralph, Family Medicine and Prenatal Care Provider, OSF HealthCare**

“Those symptoms of poor sleep, appetite changes, irritability, and even decreased libido can be common symptoms that women might experience in the pregnancy or afterwards in the postpartum period, so sometimes they can kind of skate under our radar.” (:21)

**Dr. Haley Ralph, Family Medicine and Prenatal Care Provider, OSF HealthCare**

“It’s okay and brave to ask if you just need a little bit of assistance. If it’s a grandparent or your partner, just communicating with them – having open communication and saying ‘I’m really exhausted’ or ‘I’m really stressed out’ and asking them to come over to help. Or even if it’s just to come sit and talk with you just so you can get things off your chest.” (:22)

**Dr. Haley Ralph, Family Medicine and Prenatal Care Provider, OSF HealthCare**

“My number one advice would be that if you’re experiencing symptoms and are feeling overwhelmed, there is no shame to reach out to your primary care physician or OB. This is pretty common, so I always like to reassure women that they’re not alone in feeling this way and that they don’t have to suffer through it. There are things we can do to help you.” (:22)