

ANXIOUS. DISCONNECTED. DEPRESSED.

THIS ISN'T THE WOMAN YOU KNOW.

Learn about a research study of an investigational medication in women with moderate to severe **POSTPARTUM DEPRESSION.**

Postpartum depression is a biological complication of pregnancy. It is not the result of anything she did or did not do. An estimated 10-20% of women experience postpartum depression following childbirth.¹

WHAT IS THOUGHT TO CAUSE POSTPARTUM DEPRESSION

During pregnancy, certain hormones levels rise and rapidly fall after giving birth.² Symptoms may begin to appear as early as the third trimester of pregnancy or within the first few weeks after childbirth.³

THE IMPACT OF POSTPARTUM DEPRESSION

Postpartum depression can have devastating consequences on a mother and her family.⁴

If her symptoms persist, it is important for her to reach out to her health care provider right away.

If immediate help is needed, call 911 or your local emergency number. You can also call the National Suicide Prevention Lifeline, 24 hours a day, at (800) 273 8255.

ABOUT THE HUMMINGBIRD STUDY

The Hummingbird Study is a research study evaluating an investigational medication in women with moderate to severe postpartum depression.

To see if your loved one may pre-qualify for the study, please visit: www.HummingbirdStudyInfo.com

SHE MAY QUALIFY TO PARTICIPATE IF SHE:

- Is between 18 to 45 years old
- Gave birth within the last 6 months
- Frequently feels extremely sad, anxious, or overwhelmed and these symptoms are associated with postpartum depression

The study doctor will discuss other requirements.

Qualified women will receive study-related care and medication at no cost during the 3-day, in-patient period. Transportation may be provided for those who require assistance.



RECOGNIZING POSTPARTUM DEPRESSION SYMPTOMS IS IMPORTANT

Symptoms may include:

- Feelings of sadness, tearfulness, emptiness, hopelessness, anxiety or restlessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities
- Changes in appetite
- Feelings of worthlessness or guilt, fixating on past failures or blaming herself for things that aren't her responsibility
- Trouble bonding with the baby
- Thoughts of harming herself or the baby

HOW TO OFFER SUPPORT

Reassure your loved one by telling her:

- You know she feels terrible
- She doesn't have to do everything perfectly
- You know how hard she's working at being a good mother and that she's doing her best
- You love her

**DON'T IGNORE HER SYMPTOMS.
LEARN MORE TODAY**

VISIT HummingbirdStudyInfo.com

CALL 844-902-0202

TEXT MOM2 to 87888



1. Gavin NI, Gaynes BN, Lohr KN, Meltzer-Brody S, Gartlehner G, Swinson T. Perinatal depression: a systematic review of prevalence and incidence. *Obstet Gynecol.* 2005; 106:1071-83.
2. Womenshealth.gov. Depression during and after pregnancy fact sheet. <http://www.womenshealth.gov/publications/our-publications/fact-sheet/depression-pregnancy.html#d> Updated February 12, 2016. Accessed October 3, 2016.
3. March of Dimes. Postpartum depression. <http://www.marchofdimes.org/pregnancy/postpartum-depression.aspx>.
4. O'Hara MW, McCabe JE. Postpartum depression: Current status and future directions. *Annu Rev Clin Psychol.* 2013;9:379-407.