



COULD IT BE POSTPARTUM DEPRESSION?

Parenthood can be hard for new moms. In fact, **1 in 9 new moms experience something more serious than “baby blues” called, postpartum depression.**

Postpartum depression is real and can be serious, so it’s very important to pay attention to symptoms. Although every new mom is different, if any symptoms last more than 2 weeks, it could be a sign of postpartum depression.

EMOTIONAL

- Sadness, tearfulness, hopelessness
- Worry or feeling overly anxious
- Feelings of worthlessness or guilt
- Thoughts of harming herself or the baby

PHYSICAL

- Oversleeping or being unable to sleep
- Changes in appetite

BEHAVIORAL

- Trouble bonding with baby
- Avoiding friends and family
- Outbursts and irritability, even over small matters

Talk to your doctor if you think you are experiencing symptoms of PPD.

Learn more about a clinical research study in women with postpartum depression

A research study, or clinical trial, evaluates the safety and efficacy of an investigational medication to see if it's better than, as good as, or no better than placebo (an inactive substance). They are performed according to government regulations that help protect the safety and rights of participants.

The SKYLARK STUDY is evaluating the efficacy and safety of an investigational oral medication or placebo in women with severe postpartum depression.

New moms may be eligible to participate if they:

- Are between 18 and 45 years old
- Gave birth within the last 12 months
- Frequently feel extremely sad, anxious, or overwhelmed

The study doctor will discuss other requirements.

Participants will be asked to take the assigned investigational oral medication or placebo at home every night for 14 days.

Participation benefits:

- Close monitoring by a study doctor
- No cost for study-related medical care or investigational oral medication
- Possible compensation for time and travel
- Potential childcare reimbursement
- No-cost transportation to and from study visits
- Potential option to stay on antidepressants, if already prescribed

The study staff can arrange for a meeting with a breastfeeding specialist (lactation consultant) for information about feeding the baby during the study and ways to maintain milk supply at **no cost** as moms will not be able to breastfeed during the study.

If you notice any of the above postpartum depression symptoms, don't ignore them. Talk to your doctor.

Learn more and see if you may qualify at [SkylarkStudy.com](https://www.skylarkstudy.com)

IF YOU NEED IMMEDIATE HELP, OR YOU FEEL YOU MAY HARM YOURSELF OR YOUR BABY, **PLEASE DIAL 911 OR YOUR LOCAL EMERGENCY NUMBER.**

YOU CAN ALSO CALL THE NATIONAL SUICIDE PREVENTION LIFELINE, **800-273-8255, AVAILABLE 24 HOURS A DAY.**