



Out of the Darkness: Postpartum Depression Is Not Something We Can Fight on Our Own

Sheila MacDonald

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
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I am not a doctor, a husband, a well-known person, or a psychiatrist. I am a woman who is just one of thousands who suffer every day with postpartum depression. My story is associated with feelings and the truth about postpartum depression that some women are afraid to tell. I realize there are several books available on the market, but in my opinion they do not justify a woman's anguish or thoughts. I am taking a chance by opening my heart and soul to help women who are suffering from this debilitating disease, which as we have seen could be fatal to children and women. The press that has covered postpartum depression lately, mainly the Andrea Yates murder trial, will definitely push women deeper into the hole, because one might think that every postpartum depression case is the same. I feel the medical profession, women, men, health care providers, and the psychiatry field could benefit from the truth about women suffering from postpartum depression.

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