

Nebraska-Specific Information on Pregnancy-Related Depression

- Over 10 percent of pregnant women in Nebraska sought medical help for depression in 2004.
- Around 30 percent of Nebraska women reported **sometimes** feeling down, depressed or hopeless after their baby's birth.
- Nearly 10 percent of Nebraska women reported **almost always** feeling down, depressed or hopeless after their baby's birth.

***Source: Nebraska Pregnancy Risk Assessment Monitoring System