

Posted: Apr 10, 2009

Follow-Up to Triathlete's May Issue: Dealing With Postpartum Depression

Written by The Editors



Triathlete's May issue features a story on pro triathlete Becky Lavelle and the tragic loss of her twin sister Jenny and her nephew Graham. Due to the overwhelming response from readers, we are providing follow-up information on the impact of postpartum depression on women across the country.

Many women have mood swings after birth. While they may have looked forward to the birth of their child, they can be happy one minute and extremely sad the next. Almost 80 percent of women who have recently given birth experience symptoms of postpartum blues.

Serious postpartum depression can often lead to suicide.

Legislation has been introduced in the both the House and the Senate that will educate the public about postpartum depression. This legislation will ensure that new mothers and their families are educated about postpartum depression, screened for symptoms, and provided with essential services.

Won't you join me in writing a letter to your legislators about this important legislation, or simply clicking on the link below to take action?

It is quick and easy and will only take a few minutes of your time. Thank you for your consideration.

[Click here to take action now.](#)

Jenny's Light

Lavelle is one of the leaders of an organization called Jenny's Light. The mission of the organization is to improve and save lives by increasing awareness of all perinatal mood disorders including postpartum depression.

If you'd like to learn about Jenny's Light, please visit Jennyslight.org.

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Rebecca - **Moved by this story**

Posted on: 04.15.2009

I read this article in Triathlete and cried. I felt depressed during my first born's pregnancy and for more than a year afterward. My husband travels for work and trains for triathlons, so I was left feeling alone, not myself and mad at him for being gone. I am feeling more like myself now and have taken time for myself whether doing a triathlon myself, playing other sports, coaching, or just

getting a babysitter when I need it. Thank you for including this story, and I plan on telling other young mothers I know about the article, jennyslight.org, and my experience. I think talking about it is key.

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