

Leila

Post Traumatic Stress Disorder, Postpartum Depression & Anxiety; Preeclampsia

During her first pregnancy, Leila experienced preeclampsia and had a traumatic birth. When she became pregnant for the second time, she suffered with anxiety and Post Traumatic Stress Disorder, and once again suffered from preeclampsia. Leila speaks emotionally and honestly about her postpartum depression symptoms including not bonding with her baby and having feelings of isolation and despair. Thankfully, Leila received help from people who noticed something didn't seem right, listened and encouraged her to get the help she needed.

She shares her story to help others know what to look for and encourage them to say something and seek help.

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