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## Postpartum Depression Challenges among a Macedonian Immigrant Mother

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**Introduction:** As healthcare professionals, we must prioritize not only physical health but also mental well-being. Postpartum depression (PPD) is a significant health condition that affects mothers worldwide, especially immigrant women who face challenges in adapting to new environments abroad. These challenges include cultural and language barriers, social isolation, financial problems, and the usual stresses of motherhood. Immigrant women, in general, are at higher risk of PPD, with rates of 5–60% among immigrant women compared with 10–15% among non-immigrant women.

**Aim:** To emphasize the challenges faced by Macedonian immigrant mothers in accessing support and care for postpartum depression (PPD) and the importance of raising awareness and improving support systems.

**Case Presentation:** A 28-year-old primiparous woman with no prior history of mental illness presented with symptoms indicative of PPD. However, despite the severity of her condition, adequate healthcare was not pursued in her current country of residence leading her to come back temporarily to our country, as suggested by her husband. Upon returning here, she faced significant social stigma and additional stress from her husband's family and his request for a divorce due to her impaired mental health. With comprehensive support from her family and professional services, there was a notable improvement in her mental well-being, demonstrating resilience and determination in overcoming PPD while maintaining strong family bonds.

**Conclusion:** Unawareness of PPD can result in severe consequences for affected individuals and their families. Systemic action is needed to educate people about mental health and raise awareness about PPD, ensuring that no woman's silent struggle goes unnoticed or misunderstood. Does it exist, even if we don't talk about it? Yes, and all countries, including our own, should be more aware of PPD among immigrant mothers, their health, and socio-cultural characteristics.

**Keywords:** postpartum depression, social awareness, immigrant mothers.