

Up to one in seven women  
will experience depression  
during pregnancy or after birth.



- ✓ Learn whether you are at risk
- ✓ Understand the triggers
- ✓ Know it is treatable

Talk to your health care professional  
and contact:

**Postpartum Support International**

**1-800-944-4773**

**[www.postpartum.net](http://www.postpartum.net)**

Enter your text here  
and insert your logo  
below OR delete these  
text boxes



The American College of  
Obstetricians and Gynecologists  
WOMEN'S HEALTH CARE PHYSICIANS

2020  
*Moms*



Si cree que usted o algún miembro de su familia sufre de una depresión postparto, le podemos ayudar gratuitamente.  
Llame al 1 800 944 4773 de Postpartum Support International.