

Up to **1 in 7** women will experience depression during pregnancy or after birth



confusion

loss of appetite

20%

sadness

20% of women will suffer from depression during pregnancy or after the birth of a child, that's 800,000 moms a year. When a woman suffers from depression her family suffers. It's critical that new and expecting families be informed.

difficulty in focusing **mental fog**

excessive worry

Trouble falling or staying asleep
or sleeping too much

Easily Irritated or Angry

Talk to your health care professional

Understand the triggers - Know it is treatable

Postpartum Support International 1-800-944-4773 www.postpartum.net



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

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