

# Moms get Distressed – Sometimes it's Serious



**MATERNAL MENTAL HEALTH DISORDERS ARE TREATABLE.**

## **SIGNS CAN INCLUDE:**

**SLEEP DISTURBANCE & CHANGES IN APPETITE**  
**FEELINGS OF HOPELESSNESS, HELPLESSNESS, GUILT & DESPAIR**

**FEELING INADEQUATE AS A MOTHER**

**ANXIOUS OR IRRITABLE FEELINGS**

**FEELING EMOTIONALLY DISCONNECTED FROM YOUR BABY**

**LACK OF INTEREST IN FAMILY AND FRIENDS**

**OBSESSING OVER BABY'S SAFETY**

**UP TO 20% OF PREGNANT & NEW MOMS WILL EXPERIENCE SOME FORM OF MATERNAL MENTAL HEALTH DISORDER.**

**CALL POSTPARTUM SUPPORT INTERNATIONAL**

**1.800.944.4773**



**2020Mom.org**

**TheBlueDot**  
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[thebluedotproject.org](http://thebluedotproject.org)