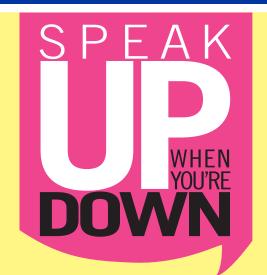
Moms get Distressed – Sometimes it's Serious





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

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

CALL POSTPARTUM SUPPORT INTERNATIONAL

1.800.944.4773



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