



You are  
not alone.

1 in 7 Mothers  
experience depression or anxiety  
during pregnancy or postpartum

*exhaustion, appetite or sleep disturbances, mood swings, anxiety, feeling overwhelmed*

Call your healthcare provider <sup>and</sup>  
Contact us for support and resources

1-800-944-4PPD

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

