



# 1 IN 7 MOTHERS

experience depression or anxiety  
during pregnancy or postpartum.



You are not alone.  
We are here to help.

## CALL OR TEXT 'HELP' - 800.944.4773

Leave a confidential message any time, and a trained and caring volunteer will return your call or text. Our volunteers will listen, answer questions, offer encouragement, and connect you with local resources as needed.

Postpartum Support International | [www.postpartum.net](http://www.postpartum.net)