

Depression and Anxiety are the **most common** complications in pregnancy and postpartum.

They affect 1 in 7 women.

If you feel any
of the following:

- ✓ Totally overwhelmed
- ✓ Weepy
- ✓ Anxious or nervous
- ✓ Angry
- ✓ Scared by your thoughts
- ✓ Like you're not yourself
- ✓ Guilt
- ✓ Regret
- ✓ Shame



Call the
Postpartum Support International Warmline
for help and local referrals:

1-800-944-4PPD



NCMMH

NATIONAL COALITION FOR
MATERNAL MENTAL HEALTH