

ANXIETY & MOOD  
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

**FOR CARING SUPPORT AND REFERRALS CALL**

**1.800.944.4773**

[2020Mom.org](http://2020Mom.org)



**ACOG**  
AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS