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