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

Call Postpartum Support International

1.800.944.4773

postpartum.net

2020Mom.org

thebluedotproject.org

MATERNAL MENTAL HEALTH DISORDERS ARE TREATABLE.