

Moms get Distressed – Sometimes it's Serious



**MATERNAL MENTAL
HEALTH 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

**UP TO 20% OF
PREGNANT & NEW MOMS
WILL EXPERIENCE SOME FORM OF
MATERNAL MENTAL
HEALTH DISORDER.**

CALL POSTPARTUM SUPPORT INTERNATIONAL

1.800.944.4773



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