Up to 1 in 7 women will experience depression during pregnancy or after birth.

Confusion?

Loss of appetite?

20% of women will suffer from depression during pregnancy or after the birth of a child, that’s 800,000 moms a year. When a woman suffers from depression her family suffers. It’s critical that new and expecting families be informed.

Difficulty in focusing?

Mental fog?

Excessive worry?

Trouble falling or staying asleep or sleeping too much?

Easily irritated or angry?

Talk to your health care professional

Understand the triggers - Know it is treatable

Postpartum Support International 1-800-944-4773  www.postpartum.net

Si cree que usted o algún miembro de su familia sufre de una depresión postparto, le podemos ayudar gratuitamente.
Llame al 1 800 944 4773 de Postpartum Support International.