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