



1 in 7 Mothers

experience depression or anxiety
during pregnancy or postpartum


*exhaustion, appetite or sleep disturbances,
mood swings, anxiety, feeling overwhelmed*

Call your healthcare provider ^{and}
Contact us for support and resources

1-800-944-4PPD

www.postpartum.net





“Cómo me
hubiera
gustado
saber que.”

Una de cada siete madres experimenta depresión o ansiedad durante el embarazo o posparto

*Cansancio, cambios en el apetito y el sueño, cambios
en el estado de ánimo, ansiedad, sentirse abrumada*

Llama a tu médico o a un profesional de salud y
llámenos para recibir apoyo y referencias a
varios recursos que te pueden ayudar

1-800-944-4PPD

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MILITARY MOMS ONLINE SUPPORT GROUP



Military families are more likely to experience depression and anxiety during pregnancy and postpartum. Join us for a **FREE** weekly chat with moms who understand. All active duty, veteran and dependent moms welcome.

www.postpartum.net/get-help/psi-online-support-meetings

JOIN US EVERY WEDNESDAY:

1:30 PM Hawaii (HST)	4:30 PM Mountain (MST)
2:30 PM Alaska (AKST)	5:30 PM Central (CST)
3:30 PM Pacific (PST)	6:30 PM Eastern (EST)

PSI provides direct peer support to families, trains professionals, and provides a bridge to connect them.

