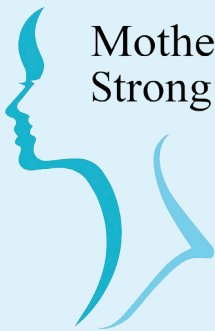


1 in 7 Women

will experience depression and anxiety during pregnancy and after birth of baby.



Mothers
Strong

Building Strong Families

You Are Not Alone.

HelpCentral.org/mothersstrong or call 2-1-1

Join us on facebook at
[facebook.com/mothersstrong](https://www.facebook.com/mothersstrong)



If you are experiencing:

- Depressed moods
- Disturbing thoughts
- Constant worry
- Difficulty sleeping
- Changes in appetite

You are not alone!
You are not to blame!

Talk to:

- Your doctor
 - A counselor
 - Your family or friends
 - Call the Postpartum Support International (PSI) Warmline
(800) 994-4773
(English and Spanish)
- 