

These can be symptoms of postpartum depression & anxiety and signs that a woman may need help:

- Increased crying or sadness
- Irritability
- A hard time falling or staying asleep
- Exhaustion
- Feeling worthless or hopeless
- Feeling overly guilty or worrying
- Feeling restless, irritable or anxious
- Loss of appetite
- Thoughts about hurting your baby
- Thoughts about hurting yourself
- Feeling the need to escape or run away
- Trouble focusing or making decisions

**You are not alone.
You are not to blame.
With help, you will be well.**

If you need support or information:

helpline: 1.800.944.4PPD (4773)

website: www.postpartum.net



PSI is a non-profit organization whose mission is to eradicate the ignorance of pregnancy related mood disorders and to advocate, educate, and provide support for maternal mental health in every community, worldwide.



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