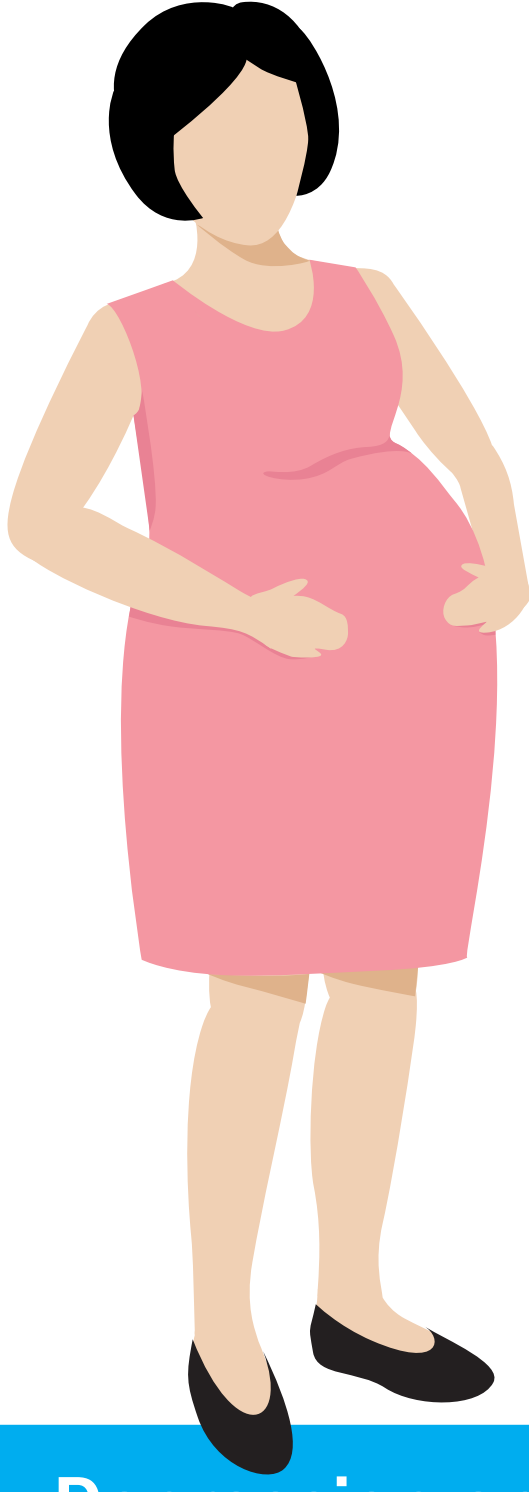
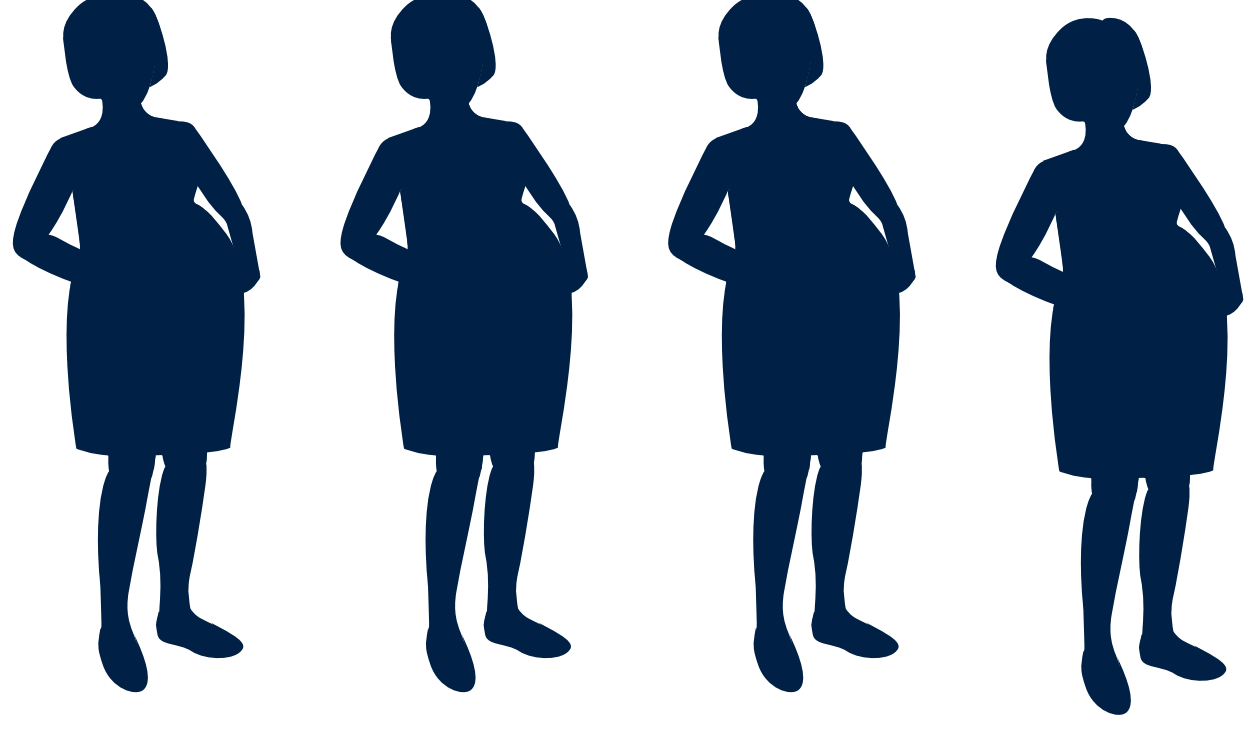


# Pregnancy:

## Mood Disorders, Anxiety and Depression



### 1 in 5 women



will experience a mood or anxiety disorder during pregnancy or after giving birth

Depression and anxiety are just as common during pregnancy as in the postpartum

Perinatal **mood disorders are treatable, yet more than half** of those who experience them **suffer in silence** and don't get help

Learn more about  
Perinatal Depression



### Perinatal mood and anxiety disorders

# #1 complication of childbirth

What if ...

I'm not a good mom?

I never feel like myself again?

I accidentally drop my baby?

my baby would be better off without me?



**Thoughts like these feel scary,** yet can be common for moms struggling with anxiety or depression

Learn more about  
Perinatal Anxiety



If a new mom is showing any of these signs, call the **866-364-MOMS** Line today!