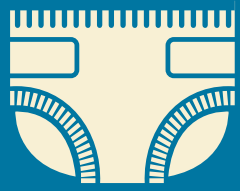


# You're prepared for ALMOST anything...



Hundreds of dirty diapers



Dozens of loads of laundry



Middle-of-the-night feedings

## But are you prepared for the possibility of depression and anxiety?

If you're like many pregnant women, nothing could be further from your mind. But depression and anxiety can happen before or after birth. Learn these signs.



Intense anger, worry, or unhappiness



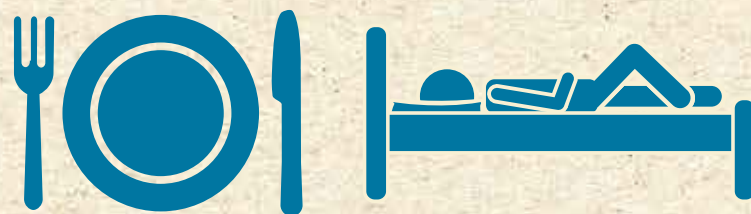
Extreme mood swings



Difficulty caring for yourself or your baby



Less interest in things you used to enjoy



Changes in your eating or sleeping habits

### Reach Out. Get Help. You Matter.

To learn more, visit [nichd.nih.gov/MaternalMentalHealth](http://nichd.nih.gov/MaternalMentalHealth).  
To find a mental health provider in your area, call 1-800-662-HELP (4357).



Eunice Kennedy Shriver National Institute  
of Child Health and Human Development

