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

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