

WHEN IT'S MORE THAN JUST THE BABY BLUES



Extreme anxiety, hopelessness, invasive thoughts and detachment from the baby you've always dreamed of are signs of post-partum depression.

Post-partum depression is common, real and requires medical treatment. There's no shame in taking care of yourself. Asking for help is the first step to take back your health—and life.

STOP THE STIGMA. START THE CONVERSATION.

Call [NAME OF ASSOCIATION]
at (123) 456-7890 or visit
amenityhealth.com.



FOR 24/7 CONFIDENTIAL SUPPORT,
CALL TEXT OR CHAT 988.



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