CHAT WITH AN EXPERT

Becoming a new parent is often filled with many questions. We are here to help with the ones revolving around mental health. Call our weekly chat, led by a licensed mental health professional.

What kind of questions can I ask?

- **I'm not sure if I need help. How do I know?**
- **I'm not depressed, I'm anxious. Where do I turn for help?**
- **Why am I angry all the time?**
- **How do I find a counselor?**
- **What will my first therapy appointment be like?**
- **I don't have any insurance. Is there help for me?**
- **I can't sleep. What can I do?**
- **How do I know if medication is safe to take while I'm pregnant or breastfeeding?**

EVERY WEDNESDAY - MOMS
FIRST MONDAY - DADS

Chat Number: 800.944.8766
Participant Code: 73162

For days and times visit: www.postpartum.net/get-help/chat-with-an-expert