REMEMBER
you are not alone
you are not to blame
with help, you will be well

Call our Warmline
1-800-977-4PPD (4773)

Visit us on the web
www.postpartum.net

PHONE SUPPORT

Call the PSI Warmline 1-800-944-4PPD (4773) for information and to get connected to resources for help and healing in your own community.

CHAT WITH AN EXPERT

Phone sessions.

- You can talk to an expert and get your questions answered in a safe and supportive setting with PSI's weekly chats.
- Chats for moms are on Wednesdays and for dads on First Mondays.
- These conference calls are free and open to everyone. Callers may remain anonymous.
- Details at www.postpartum.net.

WEBSITE www.postpartum.net

- Information and articles about pregnancy and postpartum mood disorders.
- Comprehensive list of Free Support Groups.
- Knowledgeable local coordinators who will offer support, information, resources and email support.
- Guide to Resources on the Web.
- Members Section for access and networking.

WEEKLY ONLINE SUPPORT MEETINGS

- Join the meeting from your computer, tablet or smart phone.
- Get comfortable, grab a cup of coffee.
- Listen and share your story as a mom.
- Meetings every Tuesday and Friday.
- Spanish Speaking groups are on Tuesdays.

POSTPARTUM SUPPORT INTERNATIONAL
PSI

POSTPARTUM SUPPORT INTERNATIONAL

PARENTS

- Are you feeling sad or depressed?
- Is it difficult for you to enjoy yourself?
- Do you feel more irritable or tense?
- Do you feel anxious or panicky?
- Are you having difficulty bonding with your baby?
- Do you feel as if you are "out of control" or "going crazy"?
- Are you worried that you might hurt your baby or yourself?

FAMILIES

- Do you worry that something is wrong but don't know how to help?
- Do you think that your partner or spouse is having problems coping?
- Are you worried that it may never get better?

THINGS YOU CAN DO

Being a good parent includes taking care of yourself. If you take care of yourself, you will be able to take better care of your baby and your family.

- Talk to a counselor or healthcare provider who has training in perinatal mood and anxiety problems.
- Learn as much as you can about pregnancy and postpartum depression and anxiety.
- Get support from family and friends. Ask for help when you need it.
- Join a support group in your area or online.
- Keep active by walking, stretching or whatever form of exercise helps you to feel better.
- Get enough rest and time for yourself.
- Eat a healthy diet.
- Don't give up! It may take more than one try to get the right help you need.
- Call or email us, we will help you. www.postpartum.net/contact-us/

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