

Do you know the #1 complication of pregnancy and childbirth?

ANXIETY and DEPRESSION

These illnesses affect up to 1 in 5 women during pregnancy or the first year postpartum. They are caused by changes in biology, psychology, hormones, and environment.

You are not alone. You are not to blame. With help, you will be well.

WOMEN EXPERIENCING THESE ILLNESSES SAY:

I'm supposed to be happy...why do I feel so sad?
I worry all the time.
Why am I such a failure?
I feel like the worst mother in the world.
Everything would be better if I got a good night's sleep.
I'm having thoughts that are upsetting or scary.
Why can't I 'snap out of it'?
I want to run away.

SIGNS and SYMPTOMS

Overwhelmed
Anxious
Angry
Sad
Guilty
Irritable
Hopeless
Exhausted but can't sleep

WHERE TO GO FOR HELP

Postpartum Support Virginia helps new and expectant mothers and their families overcome anxiety and depression by providing **FREE** support, information, and resources.

Visit Postpartum Support Virginia's website at www.postpartumva.org to find:

- *support volunteers and support groups*
- *self-help and coping techniques*
- *mental health professionals*
- *additional resources*