



**If you are pregnant  
or have recently had a baby  
and are depressed, there is help.**

# **You are not alone.**

**Symptoms of depression include:**

- Frequent crying
- Not able to sleep or sleeping too much
- No appetite or eating too much
- Anxiety/panic attacks
- Feelings of guilt and worthlessness
- Feeling overwhelmed or unable to cope
- Irritability/anger
- Too much concern or not enough concern for your baby
- Loss of interest in things you previously enjoyed
- Thoughts of harming your baby or yourself

If these symptoms don't go away after a couple of weeks you should speak with your health care provider or a professional counselor.

**If you believe you or someone you know  
is suffering from depression, call  
1-800-522-5006 (TTY:1-800-655-1789)  
for help and confidential information.**