

# Baby Blues Connection



**Are you pregnant?**

**Did you recently have a baby?**

One of every 8 women experience prenatal or postpartum depression or anxiety.

Many women do not seek help because they are ashamed or feel their emotions are "just part of being pregnant" "just part of being a mom".

*Baby Blues Connection* offers free packets of information that can help you determine what perinatal mood disorders are.

We can provide you or your loved ones with a caring and understanding ear on the phone.

You can also receive mom-to-mom support from one of several group locations.

We can assist you in getting the help you need to feel much better.

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866-616-3752

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