



# *Baby Blues Connection*

***Are you sad or anxious?***

***Up to 20% of moms have depression or anxiety during pregnancy or postpartum***

**Call 24 hours to leave a message**

***Baby Blues Connection 360.735.5571***

A non-profit, volunteer group offering support, information, and resources

Turn your experience into positive action.

Tell your story, validate your grief, learn tips and gain education.

Support other mothers by listening and sharing.

**We also offer helpful local resource lists by mail.**

**Symptoms vary and may come on gradually during pregnancy or in the year following birth. Symptoms might include:**

- Frequent sadness or crying
- Changes in appetite
- Intense fatigue with low mood
- Insomnia or hypersomnia
- Anxiety/panic
- Feelings of helplessness, despair
- Lack of interest in sex
- Exaggerated high or low mood
- Anger and irritability
- Emotional numbness
- Repetitive thoughts, images, or fears
- Overconcern for the baby
- Feeling disconnected from baby
- Difficulty concentrating, indecisiveness
- Feeling overwhelmed, confused
- Feelings of inadequacy or guilt
- Suicidal feelings or escape fantasies

**You are not alone**

**Call our phone line or join our Mom-to-Mom Support Group**

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