

Maternal Mental
Health Disorders
Impact

1 in 5

Pregnant and
Postpartum People

TheBlueDot

p • r • o • j • e • c • t

TheBlueDotProject.org

Get Help

Call the PSI HelpLine:

1-800-944-4773

#1 En Español or #2 English

Text "Help" to 800-944-4773 (EN)

Text en Español: 971-203-7773

