

MATERNAL MENTAL  
HEALTH DISORDERS  
ARE TREATABLE.

**SIGNS CAN INCLUDE:**

**Sleep Disturbance &  
Changes In Appetite**

Feelings of **Hopelessness,  
Helplessness, Guilt, & Despair**

Feeling **Inadequate**  
As A Mother

**Anxious Or Irritable** Feelings

Feeling **Emotionally  
Disconnected** From Your Baby

**Lack of Interest** In Family  
& Friends

**Obsessing** Over Baby's Safety