

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

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



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