

WHO CAN GET PREGNANCY-ASSOCIATED DEPRESSION OR ANXIETY?



If you are one of us – tell your MD/DO, NP, CNM or PA. They can help.

BEFORE AND AFTER BABY YOU MAY HAVE LOTS OF FEELINGS.

Those feelings can be managed.

People care and people can help.

Tell your MD/DO, NP, CNM or PA
about your concerns.

Or, hand them this card.
They will know what to do.



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for
MOMS

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