



WNY POSTPARTUM CONNECTION INC.

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What if you are not feeling like yourself, or if you don't like how you are feeling? People may be telling you this is the happiest time of your life, *but what if it's not?*

- Are you feeling sad or depressed?
- Do you feel more irritable or angry with those around you?
- Are you having difficulty bonding with your baby?
- Do you feel anxious or panicky?
- Are you having problems with eating or sleeping?
- Are you having upsetting thoughts that you can't get out of your mind?
- Do you feel as if you are "out of control" or "going crazy"?
- Do you feel like you never should have become a mother?
- Are you worried that you might hurt your baby or yourself?



(Perinatal Mood & Anxiety Disorders Overview from Postpartum Support International)

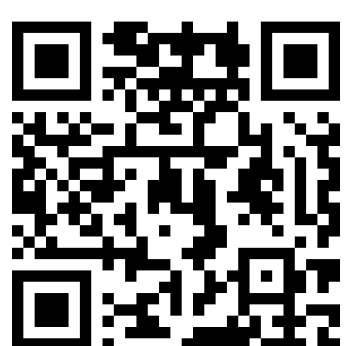
If so, you may be suffering from anxiety or depression.

Everyone experiences anxiety and sadness sometimes.

However, it's important to be aware of the signs and symptoms of perinatal mood disorders, including depression and anxiety. We want you to know that Perinatal Mood

Disorders are treatable. If you or someone you love is suffering from anxiety or depression during pregnancy or after the baby is born, please reach out for help. Talking with your medical provider is a good place to start, or use the

resources listed on www.wnypostpartum.com



For more support with finding a provider visit or scan
www.wnypostpartum.com/contact-us