

WNY POSTPARTUM CONNECTION INC.



Supporting WNY families through improved access to
mental health care, provider connection, and
community engagement

Perinatal Mood and Anxiety Disorders are the #1
complication of pregnancy and childbirth.

About 10-20% of parents will experience anxiety or
depression during pregnancy or within the first year
after birth.

PMADS ARE TREATABLE AND TEMPORARY.

We can connect you with a local provider to
see the treatment options for your needs.

Everyone experiences anxiety and sadness
sometimes. However, it's important to be aware
of the signs and symptoms of perinatal mood
disorders:

- Sadness and depression
- Irritability
- Difficulty bonding with your child
- Anxiety
- Trouble eating or sleeping
- Upsetting thoughts
- Worries about hurting yourself or
your child



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