

WHEN IT'S MORE THAN JUST THE BABY BLUES



Extreme anxiety, hopelessness, invasive thoughts and detachment from the baby you've always dreamed of are signs of post-partum depression.

Post-partum depression is common, real and requires medical treatment. There's no shame in taking care of yourself. Asking for help is the first step to take back your health—and life.

**STOP THE STIGMA.
START THE
CONVERSATION.**

Call [NAME OF ASSOCIATION]
at (123) 456-7890 or visit
[amenityhealth.com](https://www.amenityhealth.com).



FOR 24/7 CONFIDENTIAL SUPPORT,
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