

MOM TO MOM SUPPORT GROUP FOR POSTPARTUM DEPRESSION

Are you sad or anxious?

You are not alone!

Up to 20% of moms experience depression or anxiety.

Symptoms vary and may come on gradually during pregnancy or in the year following birth. Symptoms may include:

- Changes in appetite
- Intense fatigue with low mood
- Insomnia or hypersomnia
- Frequent sadness or crying
- Anxiety/panic
- Feelings of helplessness, despair
- Exaggerated high or low mood
- Irritability, anger
- Repetitive unwanted thoughts or images
- Excessive concern for the baby
- Feeling disconnected from the baby
- Emotional numbness
- Difficulty concentrating
- Feeling overwhelmed
- Feeling confused
- Thoughts of harming yourself or the baby

A Mother's Wings is a program of Mental Health America of Colorado. The program was started by two moms who experienced postpartum depression and found great relief in being able to talk openly and freely about their thoughts, feelings and concerns. Our mom to mom support group will provide a non judgmental supportive place to talk about your situation.

Mom to Mom Support
720-208-2244 or 800-456-3249 x 305
www.mhacolorado.org

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