

Do you know the #1 complication of pregnancy and childbirth?

ANXIETY AND DEPRESSION

These illnesses are caused by changes in biology, psychology, hormones, and environment. They are the #1 complication of pregnancy and childbirth, affecting up to 1 in 5 new mothers.

You are not alone. This is not your fault. With help, you will be well.

New mothers experiencing anxiety or depression say:

I'm supposed to be happy...
why do I feel so sad?

I worry all the time.

Why am I such a failure?

Everything would be better if
I got a good night's sleep.

Why can't I 'snap out of it'?

I want to run away.

Signs & Symptoms

Overwhelmed

Anxious

Sad

Guilty

Irritable

Hopeless

Exhausted but can't sleep

WHERE TO GO FOR HELP

FREE Peer Postpartum Support Group

INOVA Alexandria Hospital
4320 Seminary Road, HEC Rooms 1&2
Alexandria VA 22304
2nd and 4th Wednesdays, 7:30 – 9 pm

Contact

Lisa Kelleher, 703-609-1960, lkelleher@yahoo.com or
Hunter Robinson, 703-504-7013, ehrobins@hotmail.com
FREE parking. Babies are welcome.

Meet other mothers -- Learn coping skills -- Identify resources

Postpartum Support Virginia (PSVa)

helps new mothers and their families overcome postpartum depression and anxiety by providing

- telephone and email support
- resources, references, and referrals
- outreach and education

www.postpartumva.org
P.O. Box 7521, Arlington VA 22207
703-829-7152

