

“Why isn’t my daughter smiling at her baby?”

“Why is my wife so distant?”

Maternal Depression Affects Everyone and There is Help Available



Depression is common and can be treated. If you are worried about a new mom who is showing signs of:

- worry
- fatigue
- irritability
- sadness

Reach out to:

- your family doctor
- your child’s doctor

There are strategies that can help your family through this time.

that are lasting beyond 2-3 weeks, talk to someone about it.

