



# Depression and Anxiety are the most common complications in pregnancy and postpartum.

They affect one in seven women.

If you feel overwhelmed, weepy, anxious or nervous, angry, scared by your thoughts, guilt, regret, or shame, call **1.800.944.4PPD** or visit **[www.postpartum.net](http://www.postpartum.net)** for help.

**You are not alone. You are not to blame. With help you will be well.**