

HOW TO MANAGE POSTPARTUM DEPRESSION AND ANXIETY



TALK TO YOUR DOCTOR

If you're experiencing symptoms of postpartum depression or anxiety, talk to your doctor. They can help determine the best course of action for you.

REACH OUT FOR SUPPORT

You are not alone there are a number of mothers struggling to adjust after pregnancy/childbirth. There is a community for you!



TAKE CARE OF YOURSELF

Self-care is important, especially when dealing with postpartum depression and anxiety. Make sure you're getting enough rest, eating well, and taking time for yourself. Ask others for help so you can get a break/time alone.

BE KIND TO YOURSELF

Don't put too much pressure on yourself to be the perfect parent. Remember that it's okay to make mistakes and that you're doing the best you can.



SEEK PROFESSIONAL HELP

If your symptoms persist, seek professional help. There are many treatment options available that can help manage postpartum depression and anxiety.

A SAFE PLACE TO TELL YOUR STORY