

Depression and anxiety are common—but treatable— complications during and after pregnancy.

FOR MORE THAN HALF THE DAYS OVER THE PAST TWO WEEKS, HAVE YOU BEEN
BOTHERED BY ANY OF THE FOLLOWING PROBLEMS?

- LITTLE INTEREST OR PLEASURE IN DOING THINGS
- FEELING DOWN, DEPRESSED, OR HOPELESS

Feeling down from time to time is normal during and after pregnancy. But if you answered yes to both of these questions or are concerned about the way you are feeling, help is available.



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WELL-BEING FOR WOMEN

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FOR TREATMENT AND ADDITIONAL INFORMATION:

The Seleni Institute

www.seleni.org

The Postpartum Stress Center

www.postpartumstress.com

The Postpartum Resource Center of New York, Inc.

www.postpartumny.org

Postpartum Progress

www.postpartumprogress.com

Postpartum Support International

www.postpartum.net

MGH Center for Women's Mental Health

www.womensmentalhealth.org



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