

How are you feeling?



- * Sadness * Sleep Difficulties * Anxiety *
- * Rapid weight loss/gain * Anger *
- * Excessive fears * Frightening thoughts *
- * Compulsiveness *
- * Feeling of detachment from your baby *

If any of these describe you, you may have a postpartum mood disorder.

Your doctor can help determine what things can help you feel better, so please speak up.

For support from mothers who know first-hand about postpartum mood disorders, or just to learn more, please visit

The Online PPD Support Group
<http://www.ppdsupportpage.com>

Postpartum mood disorders are real. They are treatable. You will not feel this way forever. Ask questions. Seek help.

You are not alone.