

Postpartum Depression

Speak Up When You're Down



Are you pregnant
or have you recently
had a baby?

Feeling sad or anxious for more than two weeks means
it's time to get help.

Speak up when you're down to find help in your area.

PHONE: 1-888-404-7763

WEB SITE: www.del.wa.gov/development/strengthening/speakup.aspx