



POSTPARTUM DEPRESSION

Research shows that hormonal changes, a personal or family history of depression and lack of support can lead to Postpartum Depression. Do not be afraid, there is help available. There is a happy, healthy life for you and your baby after Postpartum Depression.

Symptoms Of Depression

- Intense sadness or despair
- Hopelessness, frustration, anger
- Self-doubt
- Sleeplessness
- Inability to think straight
- Change in appetite
- Inability to enjoy life or baby

If you or someone you know needs help or wants more information, call Many Shades of Blue at (937) 401-6844 or toll free (866) 848-3163. Calls are strictly confidential.

For an emergency or crisis, call:

- 937-224-4646 (Montgomery County)
- 866-532-3097 (Preble County)
- 800-224-0422 (Logan County)
- 419-586-1133 (Mercer County)
- 513-881-7180 (Butler County)
- 877-695-6333 (Warren County)
- 800-567-4673 (Allen, Auglaize & Hardin County)
- 800-351-7347 (Drake, Miami & Shelby County)