

# Postpartum Depression

**1 in 9 mothers experience depression after giving birth.**

The most common symptoms are feelings of guilt, trouble sleeping and difficulty bonding with the baby.

Stigma and fear keeps many women from seeking help. You are not alone.

Contact your healthcare provider today.

[www.healthytexaswomen.org](http://www.healthytexaswomen.org)

[www.mentalhealthtx.org](http://www.mentalhealthtx.org)

Dial 211, option 8

**Freedom From Stigma**



**TEXAS**  
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For more information, contact  
[MentalHealthTX@hhsc.state.tx.us](mailto:MentalHealthTX@hhsc.state.tx.us)

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