



"I have a beautiful new baby. Why am I so unhappy?"

"If my baby disappeared tomorrow, I wouldn't miss her."

"I don't recognize my own life. I want things to go back to the way they were before the baby came."

"Good people don't think like this. What's wrong with me?"

If you've had thoughts like these, then you may be suffering from postpartum depression, and not the typical "baby blues." PPD is a real, chemical disorder that seriously affects your well being, and your ability to effectively care for and bond with your child. The good news is, it is **treatable**, and it is **temporary**. You are not alone! If you think you may be depressed, or simply want more information, please join us. We are here to support you.

I BEYOND THE BLUES I
Postpartum Support for New Moms
meets at Anne Arundel Medical Center

First Wednesdays, 6:30-8:00pm

Registration is requested to verify meeting location.
Please call askAAMC at 443.481.4000

A mother deserves to enjoy her life and her new baby. A child deserves to have a healthy mom. Don't suffer alone. If you are experiencing symptoms of depression, please contact your doctor, call 1 800 PPD MOMS, or join us at our next meeting to connect with other women who understand.