



# 1 in 7 Mothers

experience depression or anxiety during  
pregnancy or postpartum

Exhaustion, appetite or sleep disturbances, mood swings, anxiety, feeling overwhelmed



Sudbury Mental Health and Addictions  
Perinatal Mental Health Program  
Health Sciences North  
127 Cedar St.  
705-523-4988 Ext. 4242

You have options. We can help