

Mental Health Resources for Expecting + New Parents

Expecting and caring for a baby is an exciting, life-changing time. It can also be really challenging.

Symptoms of depression and/or anxiety in pregnancy or as a new parent are common and treatable. Lots of dads, partners, other caregivers experience it too. You're not alone. There are professionals and programs to help.

If you or a loved one are feeling anxious, depressed, or stressed, speak with your healthcare provider and visit

to access Vermont-based resources.

SupportDeliveredVT.com

interest or pleasure?

EXHAUSTED BUT can't sleep?

HAVING SCARY OR unwanted thoughts?

women struggle

AS MANY

WITH ANXIETY & DEPRESSION **DURING & AFTER** PREGNANCY.

feeling irritable, ANGRY, OR GUILTY?

FEELING OVERWHELMED OR unable to cope?

