



Advancing Care and Treatment to Enhance Outcomes for Women

You are not alone! Depression is one of the most common complications of pregnancy. Up to 1 in every 4 women will experience depression in their lifetime. Up to 1 in every 5 women may experience depression around the time of their pregnancy.

You can get better! Depression is treatable. Unfortunately, most women with a significant mental health problem, such as depression or anxiety, do not get detected or treated when presenting for prenatal care or social services. Left untreated, these medical conditions have a major effect on the health and functioning of the mother and baby. This version was last updated 07/22/2016

For resources and information, contact Postpartum Support International: Amy Kimmel (850) 491-5807 or Susan Shelton (850) 583-6814, or Catherine Munroe (850) 284-9544
Also see the website: www.postpartum.net

To find a mental health care provider, visit our website: www.med.fsu.edu/mentalhealth

To find pediatricians, obstetricians, prenatal education, parenting classes and other resources, visit the Whole Child Leon website: www.wholechildleon.org

For telephone counseling, crisis intervention, information and community resource referrals, please call 2-1-1 Big Bend by dialing 211 or (850) 617-6333 or: www.211bigbend.net

FOR ANY MEDICAL OR PSYCHIATRIC EMERGENCY, PLEASE CALL 911

"The difference between my first pregnancy and delivery and my second was **drastic**. If it were not for self-advocacy, my team (my family and friends, doctors, therapists, etc.) and education, I would probably have had postpartum depression and anxiety the second time around. It can be caught ahead of time, treated, or even prevented with the tools I have now." –Christina Herdt (overcame postpartum depression)

ActNow is a product of the Maternal Health Research & Community Engagement Program in the Department of Behavioral Sciences & Social Medicine at the FSU College of Medicine.



Advancing Care and Treatment to Enhance Outcomes for Women

You are not alone! Depression is one of the most common complications of pregnancy. Up to 1 in every 4 women will experience depression in their lifetime. Up to 1 in every 5 women may experience depression around the time of their pregnancy.

You can get better! Depression is treatable. Unfortunately, most women with a significant mental health problem, such as depression or anxiety, do not get detected or treated when presenting for prenatal care or social services. Left untreated, these medical conditions have a major effect on the health and functioning of the mother and baby. This version was last updated 07/22/2016

For resources and information, contact Postpartum Support International: Amy Kimmel (850) 491-5807 or Susan Shelton (850) 583-6814 or Catherine Munroe (850) 284-9544
Also see the website: www.postpartum.net

To find a mental health care provider, visit our website: www.med.fsu.edu/mentalhealth

To find pediatricians, obstetricians, prenatal education, parenting classes and other resources, visit the Whole Child Leon website: www.wholechildleon.org

For telephone counseling, crisis intervention, information and community resource referrals, please call 2-1-1 Big Bend by dialing 211 or (850) 617-6333 or: www.211bigbend.net

FOR ANY MEDICAL OR PSYCHIATRIC EMERGENCY, PLEASE CALL 911

"The difference between my first pregnancy and delivery and my second was **drastic**. If it were not for self-advocacy, my team (my family and friends, doctors, therapists, etc.) and education, I would probably have had postpartum depression and anxiety the second time around. It can be caught ahead of time, treated, or even prevented with the tools I have now." –Christina Herdt (overcame postpartum depression)

ActNow is a product of the Maternal Health Research & Community Engagement Program in the Department of Behavioral Sciences & Social Medicine at the FSU College of Medicine.



