

Think a mother  
never feels the  
way you do?



**THINK AGAIN!**

HAVE YOU:

Blamed yourself when things  
went wrong?

Been anxious or worried?

Felt scared or panicky?

Been unable to laugh  
or find enjoyment?

If you are  
pregnant or  
have had a baby  
in the last year and  
have felt any of these  
feelings,

**YOU ARE  
NOT ALONE.**

**THERE IS  
HELP!**

**YOU DO  
NOT HAVE  
TO FEEL  
THIS WAY.**



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If you or someone  
you know needs  
help or wants  
more information,

perinatal outreach  
& encouragement

**poem**  
for moms  
[www.poemonline.org](http://www.poemonline.org)

**Call POEM at 614-315-8989.**

For an Emergency or Crisis, call  
1-800-273-TALK (1-800-273-8255).