

Depression and anxiety are hard on families.
Stress from COVID-19 can make these worse.

1 in 5 moms and 1 in 10 dads in OC are affected during their baby's first year.



Hope

Let them know they are not alone
and they WILL get better.



Action

Help them rest.
Bring food. Clean up.
Help with the baby.

The best gift you can offer
is the help to **H.E.A.L**



Empathy

Listen and don't judge.
Understand his/her feelings
— it's not wrong to feel.



Local Help

Tell them the sooner they get help,
the better for themselves
and their baby.

If things get worse, call a doctor or 9-1-1



To learn how to help the baby during
this time, visit HelpMeGrowOC.org
or call 1-866-476-9025



To help a parent or family
member, visit NAMIOC.org or call
the OC Warmline at 714-991-6412.



To learn more visit postpartum.net