



Free Same-Day Connection to Mental Health Support

for pregnant & postpartum people in
Wayne, Oakland, Macomb, Genesee, Ingham, and Washtenaw counties

DO YOU NEED MENTAL HEALTH SUPPORT?

Pregnancy and postpartum mood and anxiety disorders are common. If you're experiencing the following symptoms, you could benefit from mental health support.

- Feeling overwhelmed and exhausted
- Crying spells, sadness, hopelessness
- Anger, irritability, frustration
- Difficulty controlling worries
- Difficulty understanding and managing fear

WHAT HAPPENS WHEN YOU SIGN UP?

A licensed mental health professional will talk with you to see what you need and together you will create a plan for support.

Your plan may include:

- Short-term therapy to meet your needs (4-5 sessions)
- Referrals to longer term therapy options
- Connection to community resources
- Talking with your doctor
- Follow up calls, texts, emails, or video chat
- Perinatal support group

HOW CAN THIS HELP YOU?

The consultant can teach you skills that may help you:

- Bond with your child
- Improve your relationships
- Cope with stress
- Calm your mind
- Change unhelpful thoughts and behaviors

50% REDUCTION

**in clinical depression
and anxiety for
patients in their first
month of services**

Sign Up Today



Scan QR code or visit:
tinyurl.com/MC3PeriBHC