



# 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**

## Learn more & sign up



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[MC3Michigan.org/peripatient](https://MC3Michigan.org/peripatient)