Mental Health Awareness

DEPRESSION DURING & AFTER PREGNANCY

24%
of new moms in NM experience depression symptoms during pregnancy or shortly after giving birth.

You are not alone, and there is help:
Call or text
1-833-9-HELP4MOMS (1-833-943-5746)

19%
of those reporting depression symptoms received help or support in the postpartum period.


HELP IS ALWAYS HERE

There is always support available at the New Mexico Crisis and Access Line (855-662-7474).