



Mood Changes During & After Pregnancy

LEARN MORE ABOUT POSTNATAL MOOD CHANGES

Free Services including ...
Treatment, Education,
Support & Counselling
Services
in Muskoka Parry Sound

Call for an Individual
Consultation and/or

Join our next Group

Call for information on group
location and start dates
in your area.

1-866-969-4092

Does this sound like you?

“I am so irritable” “I cry all the time” or

“I feel like crying all the time but I can’t”

“I feel overwhelmed and can’t cope”

“I can’t get going” or

“I can’t slow down”

“I feel so worried all the time”

“I am scared, I am having panic attacks”

“I can’t feel anything”

“I feel so alone”

“I feel so guilty”, “I feel like a bad mother”

“I’m so angry” “I feel so ashamed”

“I don’t know who I am anymore”

“I can’t sleep or I want to sleep all the time”

“I feel so ugly”

“I can’t stop eating or I don’t want to eat”

“I don’t want sex anymore”

“I am having very scary thoughts”

If this sounds familiar ..CALL