



# support DELIVERED

## Mental Health Resources for Expecting + New Parents

Expecting and caring for a baby is an exciting, life-changing time. **It can also be really challenging.**

Symptoms of depression and/or anxiety in pregnancy or as a new parent are common and treatable. Lots of dads, partners, other caregivers experience it too. **You're not alone. There are professionals and programs to help.**

If you or a loved one are feeling anxious, depressed, or stressed, speak with your healthcare provider and visit [SupportDeliveredVT.com](https://SupportDeliveredVT.com) to access Vermont-based resources.

HAVING SCARY OR unwanted thoughts?

AS MANY AS  
**1 in 4**  
women struggle

WITH ANXIETY & DEPRESSION DURING & AFTER PREGNANCY.

Loss of interest or pleasure?

feeling irritable, ANGRY, OR GUILTY?

EXHAUSTED BUT **can't sleep?**

FEELING OVERWHELMED OR **unable to cope?**