



I'm not happy being a mom. What's wrong with me?

If you're feeling sad, hopeless or overwhelmed after having a baby, and these feelings don't go away, you may be experiencing depression.

Help is available. Talk to people in the community for support, a health care provider, social worker, or mental health professional.

Call 311 and ask for LIFENET or call 1-800-LIFENET (1-800-543-3638)



The New York City Department of Health and Mental Hygiene
Michael R. Bloomberg, Mayor
Thomas R. Frieden, M.D., M.P.H., Commissioner
nyc.gov/health

This message is brought to the community in collaboration with the Harlem Strategic Action Committee.

