

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



Data source: New Mexico Pregnancy Risk Assessment Monitoring System (PRAMS), 2020 births

HELP IS ALWAYS HERE



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