



Compass
PERINATAL PEER SUPPORT



Free Support

DURING PREGNANCY & POSTPARTUM

WEEKLY IN-PERSON GROUP MEETINGS

1:1 PHONE/TEXT SUPPORT

HELP FINDING LOCAL RESOURCES

*Only 25% of those impacted
by perinatal mental health
disorders are identified &
treated*

*1 in 5 women & 1 in 10 men
experience depression or
anxiety during the perinatal
period*

*Perinatal Mental Health (PMH)
Disorders affect 800,000 people a year
in the US*

Whether you are struggling with stress or adjustment to parenting, Baby Blues, pregnancy or postpartum depression or anxiety, we are here for you.

You are not alone

Call or text 800-944-4773
for support or more info

www.compasspps.com

