



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*

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

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

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



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