

What people think vs What they should be inclusive of

Mom Edition



mind&mom



My baby takes priority no.1

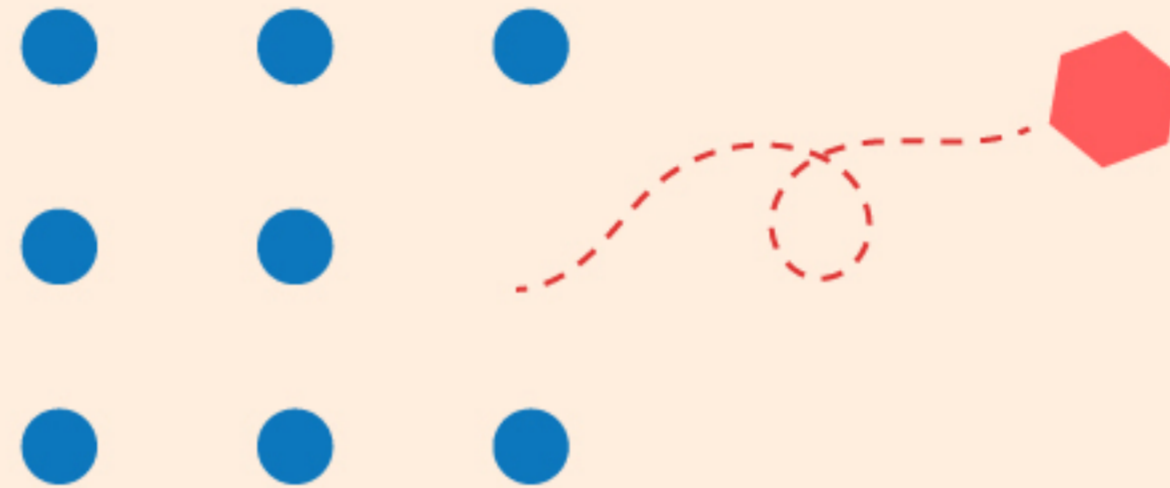
**A mom's mind & health is
equally first priority.**



People only care about my
kicks and morning sickness

What about me? :(
I'm new to this too!





Negative feelings are normal
during pregnancy.
Just deal with the process.

**NO! They could be suffering from
depression. Stop being ignorant!**



Scared to reachout for help

**Talk to friends, family and doctors
you feel comfortable with.**



Antidepressants to help me get better?
That's bad for my baby. No way!

**But avoiding treatment will
only make it 2x worse**

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If you feel that you might have depression during pregnancy

Talk to your healthcare provider, or a friend or **Reach out to us at Mind & Mom!**

Download the App now!

(Link in Bio)

