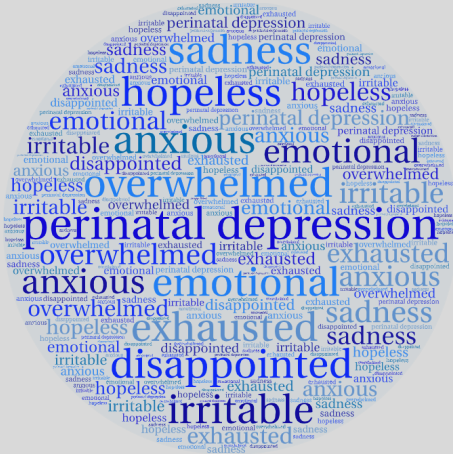


Depression and Anxiety

are the most **common complications** in pregnancy and postpartum



1 in 7 women

experience depression or anxiety during or after pregnancy



May 2021

How do I know that I need more support?

- | | | |
|--|---|---|
| <ul style="list-style-type: none">• Isolating yourself• Not doing things you used to enjoy• Lack of interest in the baby• Feelings of anger and sadness | <ul style="list-style-type: none">• Using substances• Financial stress• Sleep issues• Feeling stressed out• Irritated | <ul style="list-style-type: none">• Adjusting to a new family structure• Struggling with self-care• Kids seem out of control• Extreme worries & fear |
|--|---|---|

Who can I contact in a crisis?

Dial 911 for an emergency

Center for Prevention of Abuse Crisis Hotline
(800) 559-SAFE (7233)

Crittenton Centers - Crisis Nursery
(309) 674-41425

National Suicide Prevention Line
(800) 273-8255

Postpartum Support International Help Line
(800) 944-4773

**UnityPoint Health - Unity Place
Emergency Response Services**

- Peoria County (309) 671-8084
- Tazewell & Woodford County (309) 347-1148

Support services

Dial 211 for non-emergency

Call4Calm Text Line
Text "TALK" to 552020

Coordinated Intake - Home Visiting Programs
(309) 687-7615

Women, Infants Children (WIC) Program

- Peoria County (309) 679-6076
- Tazewell County (309) 929-0230
- Woodford County (309) 467-3064

Climb Out of the Darkness - Central IL

