

WE KNOW THIS CAN BE A DIFFICULT
TIME FOR MANY PEOPLE, ESPECIALLY
FOR NEW & EXPECTING MOTHERS

YOU ARE NOT ALONE

There is hope. There is help.

Knowing where you can turn to in a time of
need is important, that's why we've listed
some helpful resources for you

1. Postpartum Depression Project:

Call 724.705.7993

Visit www.ppdproject.com

***Connect virtually through weekly Resource & Support
Zoom Sessions: find more info on Facebook @ppdp87***

2. For everyday needs and in crisis situations, Call 211.

Text your zip code to 898-211

Visit www.pa211sw.org

3. Westmoreland County Crisis Hotline:

Call 1.800.836.6010

4. Postpartum Support International Helpline:

Call 1.800.944.4773

Text 503.894.9453

5. Excela's Crisis Response Center:

Crisis walk-in services, from 7 a.m. to 11 p.m. Located at the
corner of Depot and West Pittsburgh St., Gbg

Depression and Anxiety are the most common complications in pregnancy
and postpartum. Talk to your healthcare professional & seek support.