

Postpartum Anxiety and Depression Counseling

- **12% - 25% of new moms and nearly 10% of new dads experience Postpartum Depression.**
- **The sooner you get treatment, the better.**



Postpartum Depression and Anxiety Counseling (PPD)

Postpartum depression and anxiety can begin during pregnancy, or any time up to 5 years after the birth. PPD can include depression, sleeping difficulties, fatigue, panic, and a sense of being overwhelmed.

If you find yourself crying more than usual, or are having trouble caring for yourself or your baby, we are here to help.

Please call for an intake appointment.

**Offices located in Lincoln,
Roseville, Auburn and Rocklin.**

*First5 Placer and The County of Placer Mental
Health Services Act (MHSA) have provided funding.
(Low to no cost to participants)*

LIGHTHOUSE COUNSELING AND FAMILY RESOURCE CENTER

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Website: www.LighthouseFRC.org

