



# MOM

## Are you feeling down?

1 out of 5 moms experience depression.

*During the past month...*

Have you often been bothered by feeling down, depressed, or hopeless?

Have you often been bothered by little interest or pleasure in doing things?

If you've answered often or always, you are not alone.

Ask your doctor for help today.



A Nationwide Network of Doctors Advocating for Young Children  
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