



support DELIVERED

Mental Health Resources for Expecting + New Parents

Expecting and caring for a baby is an exciting, life-changing time. **It can also be really challenging.**

Symptoms of depression and/or anxiety in pregnancy or as a new parent are common and treatable. Lots of dads, partners, other caregivers experience it too. **You're not alone. There are professionals and programs to help.**

If you or a loved one are feeling anxious, depressed, or stressed, speak with your healthcare provider and visit SupportDeliveredVT.com to access Vermont-based resources.

