



# FREE SCREENINGS AVAILABLE for Perinatal or Postpartum Depression and/or Anxiety

**Are you pregnant or a new parent (mother or a father) with a baby under the age of one and struggling with any of the following symptoms for more than two weeks?**

- Depressed mood or mood swings
- Excessive crying
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss of appetite/overeating
- Insomnia or sleeping too much
- Restlessness
- Hopelessness
- Recurrent thoughts of death or suicide
- Fear that you're not a good mother
- Overwhelming fatigue or loss of energy
- Reduced interest and pleasure in activities you used to enjoy
- Intense irritability and anger
- Thoughts of harming yourself or your baby
- Feelings of worthlessness, shame, guilt or inadequacy
- Diminished ability to think clearly, concentrate or make decisions
- Severe anxiety and panic attacks

These are all signs of postpartum depression in both men and women. Postpartum depression isn't a character flaw or a weakness. If you have postpartum depression, prompt treatment can help you manage your symptoms and help you bond with your baby. Untreated, postpartum depression may last for many months or longer and can hinder maternal or paternal bond.

Family Service Society, Inc, with support from the United Way, is providing FREE screening for pregnant women and new parents to help assess any postpartum issues and to help connect those in need to a mental health profession so parents can have a strong bond with their children.

**To schedule a Perinatal or Postnatal  
Depression and/or Anxiety Screening, please  
contact Family Service Society, Inc. at 607-962-3148.**



Find more information about Family Service Society, Inc. at [www.familyservicesociety.org](http://www.familyservicesociety.org)