

# Stressed or worried during pregnancy? Heartbroken by infertility or loss? Overwhelmed by a new baby?



## You are not alone.

Many women have these feelings. With support, you can feel better.

Please call us. We can help.  
**1-866-364-MOMS (6667)**

We offer support 24 hours a day, 365 days a year. Interpreters available in any language.  
Our free and confidential hotline is answered by caring, professional counselors.  
We can listen, answer questions, offer support and find referrals for you.

The NorthShore University HealthSystem Perinatal Depression Program is a partnership between the Departments of Obstetrics & Gynecology, Psychiatry, Pediatrics and Nursing. Founded in memory of Jennifer Mudd Houghtaling.