

# We're here to Help

## Do you have:

- Difficulty bonding with your baby
- Sadness that does not go away
- Hopelessness and frequent crying
- Anxiety and racing thoughts
- Trouble eating and sleeping
- Excessive anger or frustration
- Shame and loss of self-esteem
- Thoughts of self-harm
- Difficulty concentrating, remembering and making decisions

If you answered **YES** to any of these, you may suffer from **Depression, which includes Perinatal and Postpartum Depression**

Inspired Passionate Care  
for Women



## Contact Us

480-750-0095

[aliumhealth.com](http://aliumhealth.com)

**Convenient** Appointment Times

Visit our website  
for more information.



**Most insurance(s) accepted.**



# Alium Health™



**Perinatal (PND) &  
Postpartum Depression (PPD)  
For Women**

**Perinatal Depression  
is common  
and treatable.**

