# 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

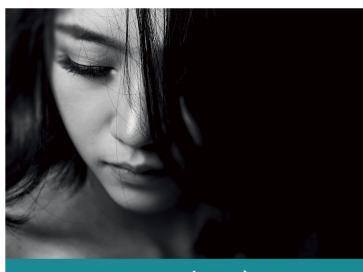
**Convenient** Appointment Times

Visit our website for more information.



Most insurance(s) accepted.





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

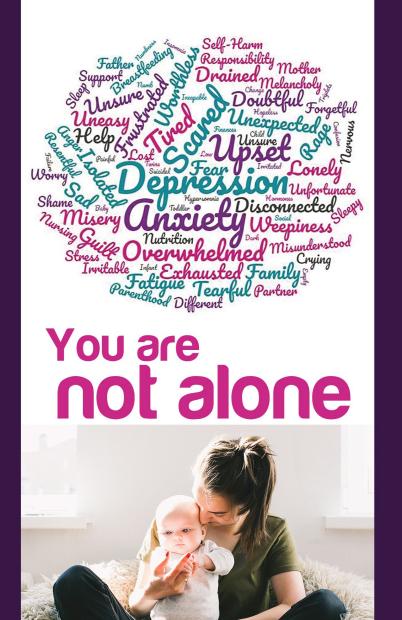
Perinatal Depression is **common** and **treatable**.

# Medical Providers and Licensed Therapists Specializing in PND and PPD Treatment

#### We provide:

- Evidence-based therapy within a medical practice
- Therapy appointments billed to insurance
- Individual and group therapy
- Women's support groups and classes
- Care Coordinators that utilize community resources to solve non-medical problems that affect your health

If left untreated,
PND and PPD
will cause both mom
and baby to suffer.



### Benefits of therapy

- Reduced stress and anxiety
- Improved sense of control
- Decrease in negative thoughts and self-sabotaging behaviors
- Increased self-confidence
- Improved relationships, especially with the family
- Learn and implement healthy coping habits
- Improved sleep habits
- Support system identification and development
- Stress and anger management techniques
- Increased personal insight
- Resolution of specific problems



Call us today at 480-750-0095

The number one complication of pregnancy is depression

One in five women suffer from parinatal depression