



PREGNANCY
& POSTPARTUM
SUPPORT
MINNESOTA

PPSUPPORTMN.ORG

Grief & Loss Support

1 in 4

***YOU ARE
NOT ALONE.***

Approximately 25% of all pregnancies end in miscarriage.

Nearly 20% of women who experience a miscarriage develop symptoms of depression and/or anxiety with symptoms persisting for 1 to 3 years.

Bereaved mothers have 4 times greater odds of depression and 7 times increased odds of post-traumatic stress disorder than non-bereaved mothers (*Gold, 2016*).

PPSM can help you connect with resources.

We offer free one-on-one peer support services!



**Postpartum Support International
Helpline 1-800-944-4773**

**National Maternal Mental Health
Hotline 1-833-9-HELP4MOMS**