



Postpartum Depression
Speak Up When You're Down

1 out of 8 new moms experiences postpartum depression. If you or a loved one has feelings of sadness that last more than a few weeks, it is time to reach out for help. For resources in your area, call the 24-7 helpline.

PHONE: 1-800-328-3838

WEB SITE: njspeakup.gov



Jon S. Corzine
Governor



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Commissioner