

Maternal Wellness Program



Its **OK** that you are not **OK**

If you are experiencing any symptoms such as:

- Fatigue
- Anxiety attacks
- Difficulty bonding with your baby
- Loss of interest and pleasure in activities
- Change of appetite

You may qualify for *free* counseling and related services courtesy of Midland Memorial Hospital.

Please contact Mental Health for questions or details

432.221.4269



MIDLAND HEALTH