

**Are you a
pregnant woman
or new mother?
*Are you feeling alone, sad,
overwhelmed, or angry?***

Contact the Project Healthy Moms
Warmline at:

678-904-1966 (local)

1-800-933-9896 ext. 234 (toll-free)

PHMhelp@mhageorgia.org

Please leave a message on the
Warmline, and a mother who has
experienced and overcome perinatal
depression/anxiety will respond with
peer support, encouragement, and
appropriate resources.

*It does get better.
We are here when you are ready to
talk.*

Call or email us today.

Brought to you by:

