

# As you prepare for parenthood, you might be having...



feelings of  
anger, sadness,  
hopelessness  
and/or guilt

extreme worries  
and/or fears  
over the health  
of your baby

thoughts of  
harming your  
baby or yourself

repetitive  
upsetting and/or  
unwanted  
thoughts and/or  
mental images

changes in  
sleeping and  
eating habits



## **You're not alone.**

## **We are here to help.**

MiSide offers compassionate support and personalized treatment options to guide you through this challenging time. It's okay to acknowledge that this time can be incredibly hard.

Scan the QR code to  
request services

Eligibility Requirements:

Must be currently  
pregnant

