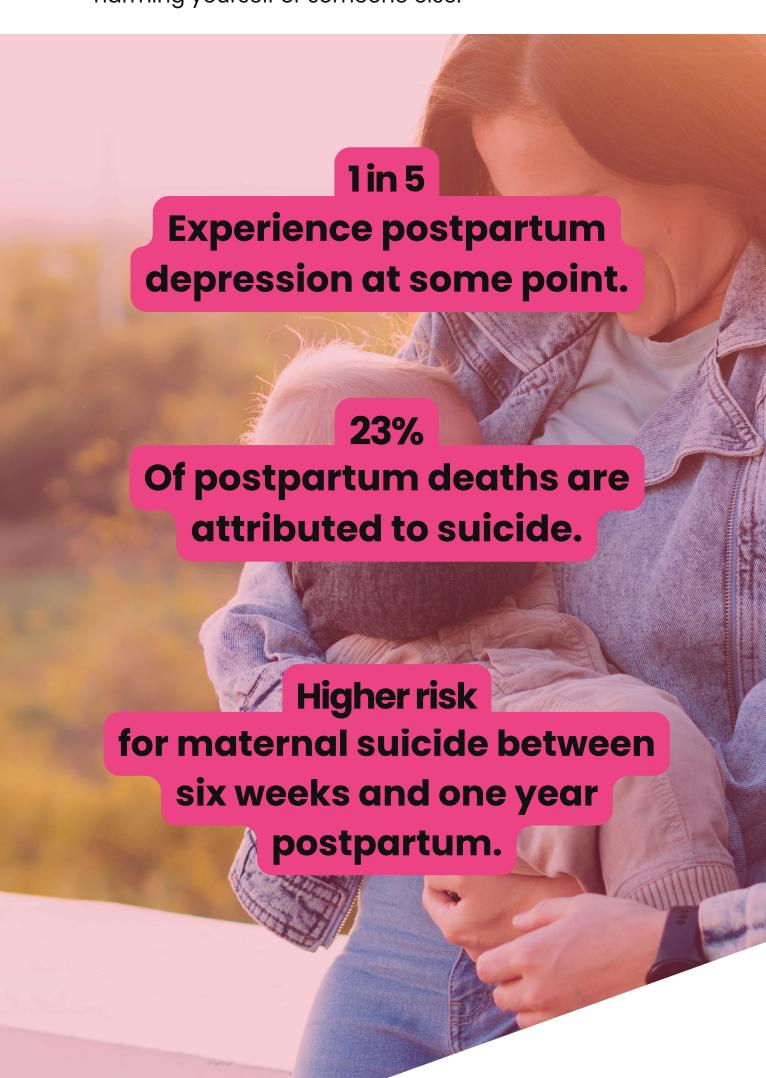


Maternal Suicide Facts

Suicide and overdose are the leading causes of death for women in the first year after pregnancy.

If You Are Struggling:

- Contact your doctor, OB/GYN, or a therapist.
- Call or Text 1-833-TLC-MAMA (1-833-852-6262) for free, confidential, and available support 24/7.
- Call 988 or 911 if you are having thoughts of harming yourself or someone else.



Together We Can End Maternal Suicide

Supporting mental health is vital to **preventing tragedies** in maternal health.