



# The Blue Shift Project of Yuba-Sutter endorses

## TheBlueDot

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### THE SCOPE OF THE PROBLEM:

1 in 5 women will suffer from a mental health disorder, like postpartum depression

Only 15% of women will receive treatment

Suicide is the 2nd leading cause of mortality in postpartum women

Together we can make a shift...one story, one post, one share, and one Blue Dot at a time.

### ADVERSE OUTCOMES FOR BABY:

Preterm birth & low birthweight

Lower APGAR scores

Difficulty bonding & breastfeeding

Developmental delays

Behavioral challenges

### THE PURPOSE OF THE CAMPAIGN

Engage community partners and stakeholders

Raise awareness of maternal mental health disorders

Combat stigma and shame

Close the service gap for postpartum women

### HOW YOU CAN HELP:

Share the Blue Dot social media posts

Carry the message to local decision makers

Share a personal story or message

Like or share partners' social media posts

Display Blue Dots to show your support

Maternal mental health disorders, like postpartum depression and anxiety, are the **#1 complication of childbirth.**