

Life with a new baby is not always what you expect



1 in 5 mothers will have a postpartum mood disorder. There is help for you and your family.

*For information:*  
[www.lifewithnewbaby.ca](http://www.lifewithnewbaby.ca)  
Telehealth Ontario  
1-866-797-0000

**best start  
meilleur départ**

by/par health **nexus** santé

Life with a new baby is not always what you expect



1 in 5 mothers will have a postpartum mood disorder. There is help for you and your family.

*For information:*  
[www.lifewithnewbaby.ca](http://www.lifewithnewbaby.ca)  
Telehealth Ontario  
1-866-797-0000

**best start  
meilleur départ**

by/par health **nexus** santé

Life with a new baby is not always what you expect



1 in 5 mothers will have a postpartum mood disorder. There is help for you and your family.

*For information:*  
[www.lifewithnewbaby.ca](http://www.lifewithnewbaby.ca)  
Telehealth Ontario  
1-866-797-0000

**best start  
meilleur départ**

by/par health **nexus** santé

Life with a new baby is not always what you expect



1 in 5 mothers will have a postpartum mood disorder. There is help for you and your family.

*For information:*  
[www.lifewithnewbaby.ca](http://www.lifewithnewbaby.ca)  
Telehealth Ontario  
1-866-797-0000

**best start  
meilleur départ**

by/par health **nexus** santé

Life with a new baby is not always what you expect



1 in 5 mothers will have a postpartum mood disorder. There is help for you and your family.

*For information:* [www.lifewithnewbaby.ca](http://www.lifewithnewbaby.ca)  
Telehealth Ontario  
1-866-797-0000

**best start  
meilleur départ**

by/par health **nexus** santé