



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.

1 in 5

Experience postpartum depression at some point.

23%

Of postpartum deaths are attributed to suicide.

Higher risk for maternal suicide between six weeks and one year postpartum.

Together We Can End Maternal Suicide

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

For more resources
ismomok.org

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