

New or Expecting Moms

Do you struggle with:

- Feeling angry, irritable, anxious or sad
- Feeling as if you are "out of control"
- Difficulty or lack of interest in bonding with your baby
- A sense of guilt, shame, or hopelessness
- Appetite or sleep difficulties
- Isolating from friends and family
- Thoughts or fears of hurting yourself or your baby

There is Help

Call 408-559-2000

Call our licensed intake team to determine which program is best for you.



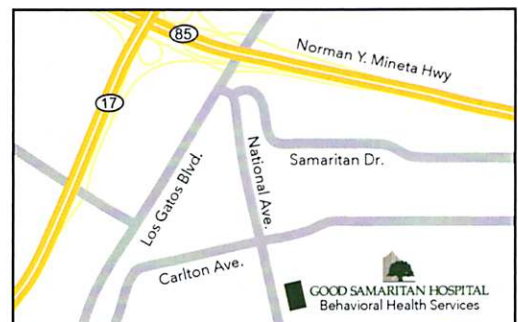
Good Samaritan Hospital offers:

New Moms Mood Support Group
Wednesdays, 11am-noon

Perinatal Mood Intensive Outpatient Program
Mondays, Wednesdays, and Fridays, 9am-noon



GOOD SAMARITAN HOSPITAL



**Behavioral Health Services
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