

# HELP US HELP MOMS!



## HELP US LEARN ABOUT NEW MOMS' EXPERIENCES

**WHAT:** The U.S. Department of Health and Human Services, Office on Women's Health (OWH) wants your help to learn about your experience as a new mom. They want to learn how to make it easier for new moms to get help if they feel pressure with a new baby and other life issues. We are looking for new moms to take a **survey** about their experiences.

**WHO:** The OWH is working on this new study with two organizations, LTG Associates ([www.ltgassociates.com](http://www.ltgassociates.com)) and its partner NORC ([www.norc.org](http://www.norc.org)).

**WHY:** The OWH wants to create a campaign that encourages new moms who might be at risk for postpartum depression to reach out for help. We need to learn about the experiences of all kinds of new moms to create a good campaign that really speaks to moms.

**HOW:** If you are a woman who has had a baby within the last year and you are willing to answer questions about your experience as a new mom, you will be helping other moms in the future. The survey will take about **20 minutes**. If you are willing to help, please click on the link [XXXXXXX](#) - or paste it into your Web browser - that will take you to our sign-up form.



**Thank you!**