

## HELP US HELP OTHER MOMS!

### HELP US TO LEARN ABOUT NEW MOMS' EXPERIENCES

The U.S. Department of Health and Human Services, Office on Women's Health (OWH) wants your help to learn about new moms' experiences. 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 working with OWH on this new study and looking for moms to take a confidential [survey](#) about their experiences as a new mom.

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 from all kinds of new moms about their experiences in order to support others who may experience the symptoms of postpartum depression.

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 help other moms in the future.

If you are interested in helping,  
please turn this card over... ➡



## To Participate in the Survey



To complete the survey online, please type the URL below into your computer browser. Then scratch off the box below to find your personal login information or PIN.

Survey URL: [short URL]

Your PIN: [scratch off]

We estimate the survey should take about 20 minutes to complete.

If you would prefer to take the survey by phone, call toll-free number [1-888-xxx-xxxx] any time Monday through Friday, between 8 a.m. and 11 p.m., Saturday from 9 a.m. to 9 p.m. and Sunday noon to 11 p.m. Central Time. A team member will be standing by, but if someone is not able to answer right away, please leave a message and we will return your call within a few hours to complete the survey when it's convenient for you.

Thank You!

New Mom's Health & Wellness Survey Team  
momshealth@norc.org