

# BEYOND Delivery

A PROGRAM OF POSTPARTUM SUPPORT CHARLESTON



## **YOU GOT THIS, MAMA!**

We know these next few months can be challenging and that's why Postpartum Support Charleston provides Charleston-area moms with a meal, infant care package and support. Our Beyond Delivery program will bring a tasty lasagna and much-needed baby essentials straight to your door at no cost. It takes a village and, together, we will move into motherhood.



Select your delivery date at  
[www.ppdsupport.org](http://www.ppdsupport.org).



## “Receiving Beyond Delivery

...made us feel cared for and loved - that we weren't alone in what can often feel like a very isolated time.

”

– New Charleston Mama

Postpartum Support Charleston is a local nonprofit providing support and resources to women and their families struggling with maternal mental illnesses during and after pregnancy. Through our extensive moms-for-moms network and connection to diverse mental and physical health expertise, Postpartum Support Charleston is uniquely positioned to help mothers move into motherhood.

If you are experiencing any of these symptoms:

- Excessive crying
- Constant worry
- Disturbance of sleep and appetite
- Agitation or rage
- Feelings of guilt, shame or hopelessness
- Loss of interest in things that once brought you joy
- Unwanted thoughts (intrusive thoughts)

You're not alone, mama.

(843)-410-3585 | [contact@ppdsupport.org](mailto:contact@ppdsupport.org)  
[www.ppdsupport.org](http://www.ppdsupport.org)