

# I am not my postpartum depression.

## StigmaFreeOC

When someone has a mental illness or alcohol or drug addiction, how do you see them? We are working to remove the stigma around mental health and addiction by opening our eyes, minds, and hearts to those on their journey to achieve wellness and recovery.

If you are ready to take the pledge to be Stigma Free and see people as they truly are, visit [StigmaFreeOC.com](http://StigmaFreeOC.com) today.

