

A photograph of a man with dark hair and a slight beard, looking off to the side with a gentle expression. He is holding a baby with light hair against his chest. The background is a soft grey, overlaid with vibrant, abstract brushstrokes in yellow, orange, and blue. The text 'I am not my postpartum depression.' is written in large, white, sans-serif font across the top half of the image.

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 today.

