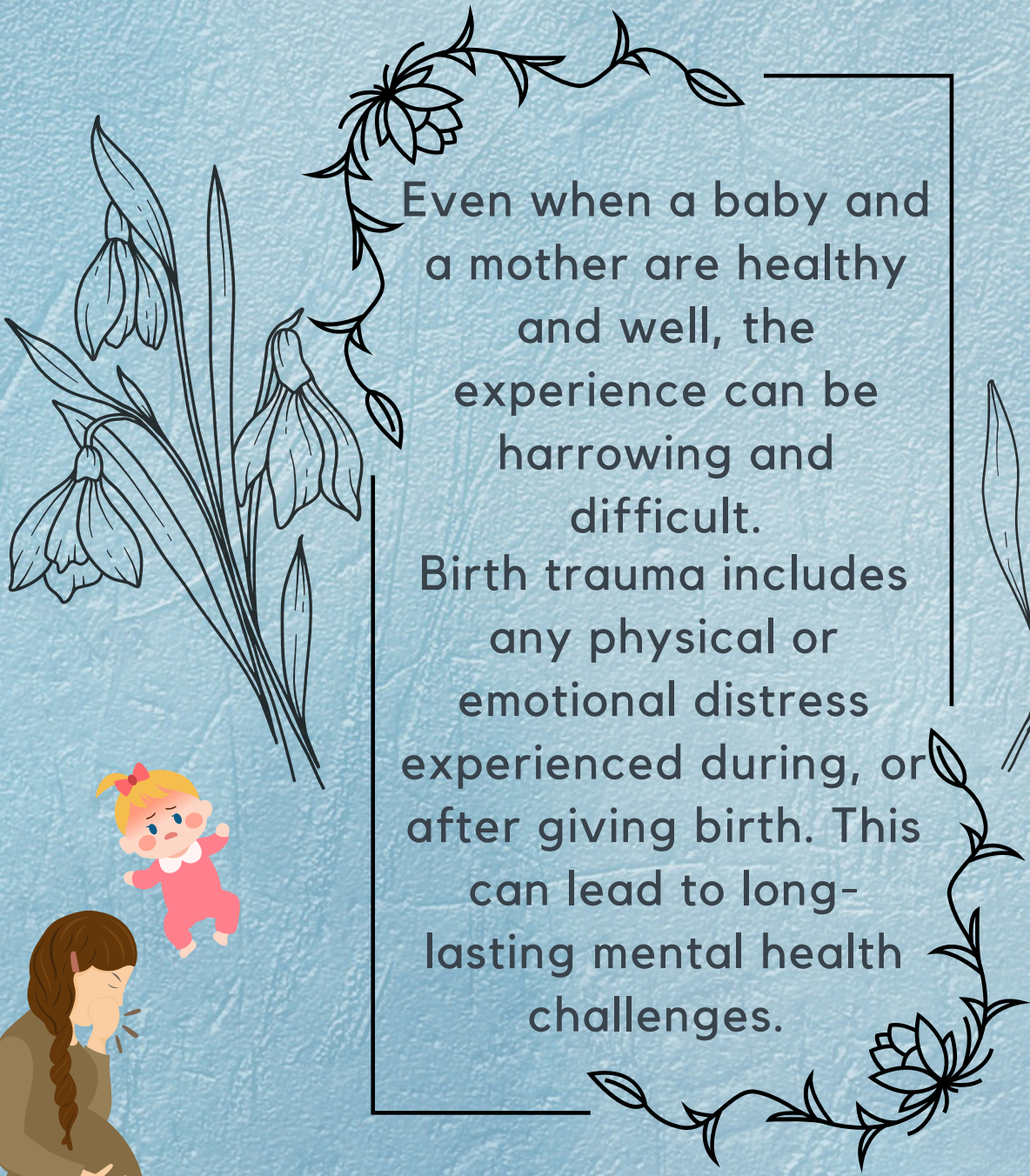




Silent Scars of Birth Recognizing Birth Trauma Awareness



July 14 through the 20th is a week dedicated to raising awareness regarding birth trauma.



Even when a baby and a mother are healthy and well, the experience can be harrowing and difficult.

Birth trauma includes any physical or emotional distress experienced during, or after giving birth. This can lead to long-lasting mental health challenges.





If this is something you have experienced, it can be challenging to talk about.

Helios can help parents debrief and process their birth experience.

This is why it is important to both raise awareness, and seek mental health treatment.

Article by Abigail Lewis, LMSW



Contact Us!

☎ (586) 863-4000

✉ info@heliospsych.com

🌐 heliospsych.com

Locations

Chesterfield: 30472 23 Mile Rd, Chesterfield MI 48047

Troy: 625 E. Big Beaver Rd, Suite 200, Troy MI 48083

