

WIC AND POSTPARTUM DEPRESSION RESOURCES

Providers can access information about the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) at <https://texaswic.org/>.

The website includes features such as online nutrition classes, recipes, and a newsletter feature that provides parents with customized information based on the child's current age for children ages 1-5.

Parents can subscribe to the newsletter [here](#) for information in English and [here](#) for information in Spanish.

HHSC also recently released an Op-Ed piece that features resources for women experiencing postpartum depression. This information was published in [The Daily News](#) and the [Tyler Morning Telegraph](#).

