



Resources for Women's Mental Health and Postpartum Depression

Postpartum Support Internationally

Maternal Mental Health and Postpartum Support Group: 345 Jupiter Lakes Blvd
302A Jupiter, FL 33458
561-429-2397

Healthy New Moms

Information on depression and a screening tool for depression.
www.healthynewmoms.org

Marce' Society for Perinatal Mental Health

International society for understanding, Prevention, and treatment of mental illness related to childbearing.
www.marcesociet.com/resources/member-books-articles/

Postpartum Depression Online Support Group

Online support group that offers information, support, and assistance to those dealing with postpartum mood disorders and their families, friends, physicians, and counselors.

Med-Ed Postpartum Depression

Experts give advice on postpartum depression and information for families.
www.mededppd.org

Postpartum Men

For fathers with concerns about Depression, anxiety, or other problems with mood after the birth of a child

Postpartum Progress

The most widely read blog on postpartum depression and all other mental illness related to pregnancy and child birth.
<http://postpartumprogress.com>

National Suicide Prevention Lifeline

1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

BOOKS

Bennett SS, Indam P. *Beyond the Blues: A guide to Understanding and Treating Prenatal and Postpartum Depression*

Kleiman KR, Raskin VD: *This Isn't What I Expected: Overcoming Postpartum Depression*

Kleiman KR: *The Postpartum Husband: Practical Solutions for Living with Postpartum Depression*

Shields B: *Down Came the Rain: My Journey Through Postpartum Depression*