Postpartum Support International Resource List
Perinatal Mood and Anxiety Disorders
Books · Media · Internet

BOOKS

The field of perinatal psychology evolves with new research findings. For the most current information about medications during pregnancy and breastfeeding, please contact the research organizations listed in the last section of this list.


Bennett, Shoshana PhD & Indman, Pec, EdD, MFT, Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety (2010) in English & Spanish

Bennett, Shoshana PhD, Postpartum Depression for Dummies (2007)

Bennett, Shoshana PhD, Pregnant on Prozac (2009)


Cox, John & Holden, Jeni, Use and Misuse of the Edinburgh Postnatal Depression Scale (1994)


Kendall-Tackett, Kathleen, The Hidden Feelings of Motherhood – Coping with Stress, Depression, and Burnout (2001)

Kendall-Tackett, Kathleen, Non-Pharmacological Treatment for Depression in New Mothers (2008),

Kleiman, Karen & Wenzel, Amy, Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood (2010)


Shields, Brooke, *Down Came the Rain* (2005)

Sichel, Deborah, MD & Driscoll, Jeanne Watson, MS, RN, CS, *Women’s Moods: What Every Woman Must Know About Hormones, the Brain, and Emotional Health* December (2000)


BOOKLETS and GUIDES

Jane Honikman: Step by Step & I’m Listening
www.janehonikman.com/jane-honikman-books/

PSI: Developing a Sustainable Perinatal Support Network in Your Community
www.postpartum.net/Resources/PSI-Guidebook-for-Support-Networks.aspx

www.postpartum.org/guide.htm

HRSA Booklet: Depression During and After Pregnancy, in English and Spanish
www.mchb.hrsa.gov/pregnancyandbeyond/depression/

Spectrum Health Medical Center, Michigan: contact Nancy Roberts
Program Development Toolkit for Postpartum Depression

Postpartum Education for Parents: Baby Steps Project
www.babystepsproject.org/

Educational DVDs

www.postpartum.net/Resources/PSI-Educational-DVD.aspx

Heartache and Hope - Living through Postpartum Depression. Parent Development Centre, Calgary, Association, 26 min. 1-403-777-1850

Feel Like Yourself Again- Understanding Postpartum Depression and Other Mood Disorders. (2005) 24 min. 1-805-434-2236


Medications in Pregnancy & Lactation


Mass General's Center for Women, www.womensmentalhealth.org

OTIS, www.otispregnancy.org, 866-626-6847

Reprotox www.reprotox.org

University of Illinois at Chicago, Perinatal Project Professional Consultation Line, 800-573-6121

INTERNET RESOURCES

www.postpartum.net Postpartum Support International

www.janehonikman.com

www.postpartumprogress.com

www.mchb.hrsa.gov/pregnancyandbeyond/depression/

www.mededppd.org

www.ppdsupportpage.com Online PPD Support Group

www.postpartumDADS.org

www.beginbeforebirth.org

www.womensmentalhealth.org Mass General's Center for Women's Mental Health

www.solaceformothers.org (Birth Trauma & Recovery)

www.griefwatch.com (Perinatal Loss)

www.tabs.org.nz (Trauma and Birth Stress)

MULTI - LANGUAGE RESOURCES

PSI Website keeps updated links to Spanish and other multilingual resources

www.postpartum.net/En-Español/Recursos-Depresión-Posparto-.aspx

www.postpartum.net/Resources/Resources-in-other-Languages.aspx