

Postpartum Community & Website Resource Guide

Agency	Description	Postpartum Support Services Provided
<p>Association of Labor Assistants and Childbirth Educators (ALACE)</p> <p>P.O. Box 390436 Cambridge, MA 02139</p> <p>888-222-5223 Email: thakkuhn@alace.org Website: alace.org</p>	<p>Through ALACE, pregnant women and their partners learn about pregnancy and birth from professional childbirth educators. During labor and birth women may be supported by professional doulas that provide physical, emotional, and educational support to the mother-to-be and her entire birth team. Women can benefit from the latest scientific knowledge combined with the ancient art and support of women helping women.</p>	<p>ALACE provides referrals for labor/birth and postpartum doulas.</p>
<p>Attachment Parenting International (API)</p> <p>PO Box 4615 Alpharetta, GA 30023 (800) 850-8320</p> <p>Website: attachmentparenting.org</p>	<p>API promotes parenting practices that create strong, healthy emotional bonds between children and their parents. For life. So they can take those bonds with them into their adult lives and share them with their children. And their children can do the same. A life cycle of compassion and connection.</p>	<p>Through education, support, advocacy and research, API's principal goal is to heighten global awareness of the profound significance of secure attachment - not only to invest in our children's bright futures, but to reduce and ultimately prevent emotional and physical mistreatment of children, addiction, crime, behavioral disorders, mental illness, and other outcomes of early unhealthy attachment.</p> <p>API offers online forums related to postpartum mood disorders</p> <p>Individual/Family Membership: \$35</p>
<p>BirthMom Buds</p> <p>Website: birthmombuds.com</p>	<p>We are an organization and website that provides peer counseling, support, encouragement, and friendship to pregnant women considering adoption as well as women who have already placed children for adoption.</p>	

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<p>BirthRoots 6 Forest Hills Dr Hooksett NH 03106 603-216-9237</p> <p>Website: birthroots.org</p>	<p>“The doula can help the family ease through the adjustments and the changes a new baby brings by emotionally and physically helping the family during the postpartum period. She is not a baby-nurse, R.N., or a home-health aide. She is a non-medical, specialized support person who, rather than take over baby care, offers instruction in newborn care and breastfeeding. A doula may watch the baby so the mom can catch up on her sleep. More often, mom will mother her baby while the doula brings her meals and drinks, helps occupy the other children, runs to the store, keeps the laundry going, starts dinner for the family, and helps to keep the house presentable.”</p>	<p>BirthRoots Doulas offers in-home postpartum care and breastfeeding support in Southern and Central New Hampshire including greater Concord, Manchester and Nashua areas and the Monadnock Region.</p> <p>BirthRoots offers a variety of packages to suit your postpartum needs. Please inquire for more details.</p> <p>We at BirthRoots believe that every woman is entitled to a doula at their birth no matter what their race, sexual orientation or financial status. We offer affordable payment plans as well as a sliding scale fee.</p>
<p>CMC OUR PLACE 100 McGregor Street Manchester, NH 03102 668-3545 (800) 437-9666</p> <p>Website: catholicmedicalcenter.org</p>	<p>OUR PLACE is a comprehensive pregnancy and parenting program. New Hampshire Catholic Charities and Catholic Medical Center have been collaborating to address the needs of the pregnant and parenting adolescents in the Greater Manchester area since 1982.</p>	<p>OUR PLACE provides:</p> <ul style="list-style-type: none"> • prenatal education • parenting education • counseling in a caring and confidential environment <p>The program focuses on:</p> <ul style="list-style-type: none"> • a healthy and positive birthing experience • successful parenting and • a commitment to develop and promote the full potential of each individual

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<p>Child and Family Services of NH 464 Chestnut Street PO Box 448 Manchester, NH 03105</p> <p>Toll Free: (800) 640-6486 Phone: (603) 518-4000 Fax: (603) 668-6260 Website: cfsnh.org</p> <p>221 Main Street, Ste. 203 Nashua, NH 03060 (603) 889-7104</p> <p>103 No. State St. Concord, NH 03301 (603) 224-7479 1 (877) 556-7479</p>	<p>Child and Family Services is an independent nonprofit agency dedicated to advancing the well-being of children by providing an array of social services to strengthen family life and by promoting community commitment to the needs of children.</p>	<p>Parenting Plus offers families guidance and support that is designed to minimize stress and maximize a family’s ability to succeed. Services are provided in the comfort of the family home. Families participate by choice, at no cost to them.</p> <p>Circle of Parents® Parenting is the most difficult but rewarding job anyone could ever have. Parents often struggle through various stages of their children’s lives, trying their best to meet each child’s individual needs as the child grows and changes. It isn’t always easy, but help is available. Circle of Parents® is a great way to meet other parents who know what you are going through and to share what you have learned from parenting your children. Parents can be a great source of encouragement and support to one another. Contact: Joan Valk: valkj@cfsnh.org</p> <p>ParentLine: A free, confidential service in which parents can pose questions to a CFS counselor about any parenting concern such as developmentally appropriate behavior, effective discipline techniques, ways of handling conflict or self-doubt and appropriate services and resources for their family. Parents are invited to send in their questions in any number of ways: Call the toll-free warm-line: 1-800-640-6486 Mail to: CFS, ParentLine, P.O. Box 448, Manchester, NH, 03105; or Email questions to: parentline@cfsnh.org</p>
<p>Depression After Delivery (DAD) Website: depressionafterdelivery.com</p>	<p>The DAD website provides resources, referrals and information regarding postpartum depression.</p>	<p>Online resources include topics related to:</p> <ul style="list-style-type: none"> • Postpartum Depression • Medication • Postpartum Nutrition & Exercise • Breastfeeding Your Baby • Irregular Menstrual Cycles • Help For Pregnant Woman • Treatments For Postpartum Depression • Depression Support Group

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<p>Depression and Bipolar Support Alliance (DBSA)</p> <p>730 N. Franklin Street, Suite 501 Chicago, Illinois 60654-7225</p> <p>Toll-free: (800) 826-3632 Fax: (312) 642-7243</p> <p>Email: programs@dbsalliance.org</p> <p>Website: dbsalliance.org</p>	<p>DBSA is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in language the general public can understand. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably. DBSA was founded in 1985.</p>	<p>Local Chapters/Support Groups available in:</p> <ul style="list-style-type: none"> • Concord • Dover • Exeter • Nashua <p>Please see website for details</p>
<p>DONA International</p> <p>PO Box 626 Jasper, IN 47547 Phone: (888) 788-DONA (3662) Fax: (812) 634-1491</p> <p>Email: Info@DONA.org Website: dona.org</p>	<p>With more than 6,400 birth and postpartum doula members and growing, DONA is the largest doula association in the world. We support doulas by providing quality training and meaningful certification. We serve mothers and families by providing access to information and research about doulas, childbirth and the postpartum experience.</p>	<p>DONA provides referrals for labor/birth and postpartum doulas.</p>

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<p>Family Education Collaborative</p> <p>YWCA - Manchester 72 Concord Street Manchester, NH 03101 603-624-4765 Website: ywcanh.org</p> <p>UNH Cooperative Extension 213 Petee Hall Durham, NH 03824 603-862-7008 Website: extension.unh.edu</p>	<p>A collaboration between the YWCA of Manchester, UNH Cooperative Extension, UNH Manchester, Child and Family Services, and the UNH Department of Family Studies for the purpose of strengthening families in Manchester and New Hampshire.</p>	<p>Direct education, services, and resources to Manchester parents and caregivers including evidence based parent education programs on all aspects of parenting healthy and vibrant children in all types of family settings.</p> <p>A voice for families in Manchester to assist in making their community a better place to raise children.</p>
<p>Granite Scientific</p> <p>Kathleen Kendall-Tackett, Ph.D., IBCLC Hale Publishing 1712 N. Forest St. Amarillo Texas 79124</p> <p>Phone: 806-367-9950 Email: kkt@GraniteScientific.com</p> <p>Website: GraniteScientific.com</p>	<p>Granite Scientific offers an online forum for sharing current and noteworthy research on postpartum depression.</p>	<p>Research topics include:</p> <ul style="list-style-type: none"> • Overview & Causes of PPD • Treatments for PPD • Screening for PPD • Consequences of PPD • Psychological Trauma/PTSD • Depression and Inflammation • Depression and Omega-3s • Depression and breastfeeding
<p>Holistic Moms Network (HMN)</p> <p>National Office PO Box 408 Caldwell, NJ 07006</p> <p>(877) HOL-MOMS</p> <p>Website: holisticmoms.org</p>	<p>Holistic Moms Network (HMN) members share a common bond: a desire to be the best parents possible by providing our children with a physical, psychological, and spiritual environment that will nourish them and allow them to reach their greatest potential. To nurture our children, we strive to educate ourselves and to make choices that will enable them in mind, body, and spirit.</p>	<p>Concord/Merrimack County chapter meets on the second Tuesday of the month at Crossroads Chiropractic located at 556 Pembroke Street in Pembroke, NH from 7:00 - 8:30 p.m.</p> <p>Hillsborough County Chapter meets on the third Thursday of the month from 7 p.m. to 9 p.m. at Borders Bookstore located at 281 Daniel Webster Highway in Nashua, NH. We also offer regular Bonus meetings in other locations to meet the needs of our more western members.</p> <p>Please visit the online “Calendar” page for details.</p>

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<p>La Leche League International (LLLI)</p> <p>PO Box 4079 Schaumburg, IL 60168-4079 (847) 519-7730</p> <p>Website: www.llli.org</p>	<p>La Leche League International strives to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.</p>	<p>Southern NH LLL Support Meetings</p> <p>Concord 1st Wednesday of the month @ 11:30 AM. Contacts:</p> <p>Jamie: jamielll@gsinet.net Kim: murdoch.kim@gmail.com</p> <p>Derry 3rd Friday of the month @ 10 AM. Contacts:</p> <p>Rebekah 434-0097 rebekahcooks@gmail.com Kathy 891-3530 LLLKathyD@gmail.com Alyson 889-9024 aaikenhobbs@yahoo.com</p> <p>Manchester/Bedford Evening meetings are held the 2nd Friday of the month at 7 p.m. Daytime meetings are held the 4th Friday of the month at 1 p.m. Contacts: Abbey 315-8137 vtabbey@juno.com Jodie 424-0629 JodieLLL@comcast.net</p> <p>Merrimack Valley~~Nashua/Hollis/Brookline 2nd Wednesday of the month @ 10 AM. Contacts:</p> <p>Ariella 484-1799 LLL@marget.com Shanan 594-8304 shananWilliams@mac.com Kathy 891-3530 LLLKathyD@gmail.com Alyson 889-9024 aaikenhobbs@yahoo.com Meredith 594-0302 jamces4@verizon.net</p> <p>Milford 2nd Thursday of the month @ 7 PM</p> <p>Brandie 672-5390 brandie.pettus@comcast.net</p>

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<p>mama2mama</p> <p>Website: mamalove.org</p>	<p>mama2mama is a web-based postpartum adjustment support resource.</p>	<p>This peer-led group is a resource for any mother who wants support and information to help her through the postpartum period. Programs include:</p> <ul style="list-style-type: none"> • one-to-one peer support • an informative website • community health resources • postpartum awareness campaigns
<p>MedEd</p> <p>Website: MedEdPPD.org</p>	<p>MedEd offers a web site developed with the support of the National Institute of Mental Health (NIMH) to provide education about postpartum depression (PPD).</p>	<ul style="list-style-type: none"> • Provider search directory • References/Tools • Web Resources • Videos
<p>Mental Health America (MHA)</p> <p>2000 N. Beauregard Street, 6th Floor Alexandria, VA 22311</p> <p>Phone (703) 684-7722 Toll free (800) 969-6642 TTY 800/433-5959 Fax (703) 684-5968</p> <p>Website: mentalhealthamerica.net</p>	<p>MHA (formerly known as the National Mental Health Association) is the country's leading nonprofit dedicated to helping ALL people live mentally healthier lives. With our more than 320 affiliates nationwide, we represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation – everyday and in times of crisis.</p>	<p>While Mental Health America is unable to provide medical advice, legal advice, individual advocacy, or counseling, they <i>can</i> provide referrals to local resources that may offer these types of services in your community.</p>
<p>Mental Health Ministries</p> <p>Rev. Susan Gregg-Schroeder 6707 Monte Verde Drive San Diego, CA 92119</p> <p>Email: sgschroed@cox.net</p> <p>Website: mentalhealthministries.net</p>	<p>Mental Health Ministries collaborates with other faith based groups to provide resources to help erase the stigma of mental illness in our faith communities</p>	<p>DVD available for online purchase: <u><i>Breaking the Silence: Postpartum Depression & Families of Faith</i></u> (\$19.95)</p>

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<p>The MOMS Club</p> <p>Website: momsclub.org</p>	<p>We are a support group designed just for you, the at-home mother of today! You are interested in the world around you, want a variety of activities for you and your children, and are proud of your choice of at-home mothering for your families! We know, because we're at-home mothers, too!</p> <p>You need a support group that understands your special needs as an at-home mother and we're it! We are the first, largest and fastest growing support group specifically for ALL at-home mothers.</p>	<p>The MOMS Club offers the following, free of charge to its registered chapters on an on-going basis:</p> <ul style="list-style-type: none"> • support groups for all at-home mothers • monthly meetings • casual get-togethers • outings • family parties • playgroups & activity groups • babysitting co-ops • service projects for at-home mothers and their children • Dues average \$20-\$25 per year
<p>National Alliance on Mental Illness (NAMI)</p> <p>15 Green St Concord, NH 03301-4020</p> <p>Phone: (603) 225-5359(x40 info & referral line) Toll free: (800) 242-6264 Fax: (603) 228-8848</p> <p>Website: naminh.org</p>	<p>NAMI is the nation's largest grassroots organization for people with mental illness and their families. Founded in 1979, NAMI has affiliates in every state and in more than 1,100 local communities across the country.</p>	<p>NAMI offers the following resources:</p> <ul style="list-style-type: none"> • Peer support groups • Family Support Groups • Educational Programs • Advocacy • Research • Recovery • Suicide Prevention • Medication information • Treatment Options
<p>The National Institute of Mental Health (NIMH)</p> <p>6001 Executive Boulevard Bethesda, MD 20892</p> <p>Website: nimh.nih.gov</p>	<p>The National Institute of Mental Health (NIMH) is the largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health. It is part of the National Institutes of Health (NIH), a component of the US Dept. of Health & Human Services.</p>	<p>Online resources include publications related to depression and women's mental health.</p>

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<p>NH Department of Health and Human Services Division of Public Health Services Bureau of Prevention Services Breast and Cervical Cancer Program 29 Hazen Drive Concord, NH 03301-6504</p> <p>1-800-852-3345 ext.4931 TDD: 1-800-753-2964</p> <p>Website: dhhs.state.nh.us</p>	<p>To join communities and families in providing opportunities for citizens to achieve health and independence.</p>	<p>Free screening for Breast and Cervical cancer is available if you are a woman:</p> <ul style="list-style-type: none"> ♥ age 18 – 64 ♥ without insurance to pay for screening tests (uninsured or with a deductible) ♥ living at or below 250% of poverty. <p>Services include:</p> <ul style="list-style-type: none"> ♥ Office visit ♥ Pap Test ♥ Mammogram ♥ ♥ Diagnostic follow-up ♥ ♥ Enrollment into Medicaid for treatment ♥ <p>Call for a screening location near you. Website: BCCP@dhhs.state.nh.us</p>
<p>NH Minority Health Coalition</p> <p>25 Lowell Street, 3rd Floor Manchester, NH 03101</p> <p>Mailing address: P.O. Box 3992 Manchester, NH 03105</p> <p>Hours: M-F 8 am – 5 pm</p> <p>Phone: (603) 627-7703 Toll free 866-460-9933 Fax: (603) 627-8527 Website: nhhealthequity.org</p> <p>Jennifer N. Morley, M.Ed. Program Manager Tel:(603) 627-7703 ext. 231 jenniferm@nhhealthequity.org</p>	<p>To identify underserved populations in the state with barriers to accessing appropriate health care, to advocate for adequate and appropriate services and to educate and empower these populations to be active participants in their own health care</p> <p>*Bright Start* Home Visiting Program is a program designed to provide support to pregnant women and infants. Women are enrolled during their prenatal period and provided with educational sessions conducted in their homes. Trained Peer Educators provide support to families and help families to establish links in the community for appropriate services.</p>	<p>The Bright Start program offers:</p> <ul style="list-style-type: none"> • Culturally sensitive and linguistically appropriate services provided by trained health educators and nurses. • Bimonthly home visits conducted by health educators during mom's prenatal period • Up to 10 registered nurse visits. • Educational sessions that focus on what's happening with mom, dad and the baby, before and after birth, up to one year of age. • Accompanying parent handouts for each stage of development. • Infants are followed for a full year after birth. <p>Eligibility Requirements:</p> <ul style="list-style-type: none"> • Pregnant women who have Medicaid • Pregnant teens • Postpartum with an infant newborn through one year old

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<p>NH Community Mental Health Centers</p>	<p>Local centers providing mental health services.</p>	<p>Concord (Region 4) Riverbend Community Mental Health Inc. 5 Market Lane PO Box 2032 Concord, NH 03302-2032</p> <p>(603) 228-1551 Emergency Only: 1 (800) 852-3323 Website: riverbendcmhc.org Email: inquiries@riverbendcmhc.org</p> <p>Concord Office: (603) 228-1600 Henniker Office: (603) 428-3336 Franklin Office: (603) 934-3400</p> <p>Manchester (Region 7) The Mental Health Center of Greater Manchester 401 Cypress Street Manchester, NH 03103-3628 (603) 668-4111 Website: mhcgm.org Email: snowkend@mhcgm.org</p> <p>Nashua (Region 6) Greater Nashua Mental Health Center 7 Prospect Street Nashua, NH 03060</p> <p>(603) 889-6147 Emergency Only: 1 (800) 762-8191 Website: ccofnashua.org</p>

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<p>NH WIC/DFA Division of Family Assistance</p> <p>195 McGregor St South Tower, Suite 110 Manchester, NH 03102-3479</p> <p>603-668-2330 800-852-7493</p> <p>Website: dhhs.nh.gov</p> <p>Hours: M-F 8 am - 4:30 pm</p>	<p>To join communities and families in providing opportunities for citizens to achieve health and independence</p>	<p>Commodity Supplemental Food Program (CSFP): is a nutrition education program that provides free food and nutrition information to promote good health for postpartum women for a year after the birth of a child.</p> <p>Contact Lissa Sirois at 603-271-0571</p>
<p>NiNi Bambini</p> <p>166 South Rive Road Bedford, NH 03110 (603) 666-6464 (666-NiNi)</p> <p>Website: ninibambini.com</p> <p>Hours: Mon-Sat 10am-5pm</p>	<p>“Our mission is provide a safe space for women, children and families to learn to grow their authentic selves. From pregnancy to preschool, we support and empower women with quality information, outstanding products and innovative, compassionate service in one convenient location.”</p>	<ul style="list-style-type: none"> • Postpartum Doula Services • Playgroups • Support Groups • Postnatal Yoga • Fitness classes • Life coaching • Store with nursing supplies
<p>Parent/Baby Adventure Program</p> <p>33 South Commercial Street, Suite 401 Manchester, NH 03101</p> <p>Tel: 603-622-3781 or 1-800-624-6084 Fax: 603-641-4082</p> <p>Website: manchestervna.org</p>	<p>The VNA Parent/Baby Adventure Program serving the Greater Manchester area provides group parenting education and support to young parents with newborns and older infants and children. The program is a group parenting experience that utilizes modeling, education and support to teach parents how to care for their new child. Parents are encouraged to improve their own self-esteem by forming friendships, experiencing personal growth, establishing educational/vocational goals and feeling success as a parent.</p>	<p>The VNA Parent/Baby Adventure program helps parents by:</p> <ul style="list-style-type: none"> • assisting them to gain the skills and motivation to meet the physical, emotional and psychological needs of their children. • providing a positive support system which decreases isolation and stress • parent/caregiver education • social service networking • fostering personal growth and development

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<p>Postpartum Dads</p> <p>Website: postpartumdads.org Email: info@postpartumdads.org</p>	<p>Postpartum Dads is a volunteer based online outreach project affiliated with PSI (Postpartum Support International) intended to help dads and families by providing firsthand information and guidance through the experience of PPD.</p>	<p>The website includes information and resources to assist families dealing with PPD.</p>
<p>Postpartum Education for Parents (PEP)</p> <p>P.O. Box 6154 Santa Barbara, CA 93160</p> <p>EMAIL: PEPBOARD@GMAIL.COM</p> <p>Website: sbpep.org</p>	<p>PEP was founded in 1977 by a group of new mothers to offer support to each other. PEP is a non-profit corporation staffed entirely by volunteers, all of whom have been trained to provide answers and act as objective, nonjudgmental listeners. PEP's services are open to any individual or family.</p>	<p>Online PPD support page website: ppdsupportpage.com</p> <p>Link to the University of Virginia Health System website: perinataldepression.org</p>
<p>PSI~Postpartum Support International</p> <p>P.O. Box 60931 Santa Barbara, CA 93160</p> <p>Telephone: 805.967.7636 Fax: 323.204.0635 Helpline: 800.944.4PPD (4773)</p> <p>Email: PSIOffice@postpartum.net Website: postpartum.net</p> <p>PSI NH State Coordinator: Linda Zollo, Ph.D. 57 School Street Concord, NH 0330</p> <p>Telephone: 603.223.0800</p>	<p>Postpartum Support International (PSI) was founded in 1987 by Jane Honikman and is headquartered in Santa Barbara, California. The purpose of the organization is to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum. Approximately 15% of all women will experience postpartum depression following the birth of a child. Up to 10% will experience depression or anxiety during pregnancy. When the mental health of the mother is compromised, it affects the entire family. The organization has a volunteer coordinator in every one of the United States and in 26 countries. PSI disseminates information and resources through the volunteer coordinators, the website and an annual conference. The goal is to provide current information, resources, education, and to advocate for further research and legislation to support perinatal mental health.</p>	<p>PSI provides the following services:</p> <ul style="list-style-type: none"> • Toll Free Helpline in English & Spanish • Newsletter • Support Coordinators • Resources • Bookstore • Postpartum Dads • Training • Medline Resources in 15 languages • Individual Annual Membership available for \$60 • Professional Annual Membership available for \$150

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<p>Trauma And Birth Stress~TABS</p> <p>P O Box 18002 Glen Innes Auckland 1743 New Zealand</p> <p>Website: tabs.org.nz Email: sue@tabs.org.nz.</p>	<p>Originating in New Zealand, <i>TABS</i> is a Charitable Trust that serves as a support group of mothers. We have in common stressful and traumatic pregnancies or births that affected our lives negatively for months or years afterwards. We formed TABS because of the need to make Post Traumatic Stress Disorder (PTSD) known as a form of mental illness that can happen following childbirth, but quite distinct from the Baby Blues, Post Natal Depression (Post Partum Depression) and Post Natal Psychosis.</p>	<p>Online publications related to birth-associated PTSD available to download from the website.</p>
<p>Upper Room</p> <p>36 Tsienneto Road Derry, NH 03038 603-437-8477</p> <p>Website: urteachers.org</p>	<p>A non-profit family resource center, committed to the development of strong individuals and families in our community.</p>	<p>The Upper Room is here to help families - all families - in need of education, support and resources to "make it" in today's world!</p>
<p>Women's Health.gov</p> <p>Phone: 800-994-9662 Website: 4woman.gov</p>	<p>The National Women's Health Information Center/Office on Women's Health is a branch of the US Department of Health & Human Services.</p>	<p>Online resource for women's health information, research & referrals related to PPD including:</p> <ul style="list-style-type: none"> • Organizations • Campaigns & Legislation • Statistics • Health Tools

Perinatal Mood Disorders Taskforce Resource List ~Oct 2009