

## Suggested Resources for Postpartum Depression

<p>American Academy of Family Physicians  <a href="http://familydoctor.org/online/etc/medialib/famdoc/docs/ppd-actionplan.Par.0001.File.dat/ppd_actionplan.pdf">http://familydoctor.org/online/etc/medialib/famdoc/docs/ppd-actionplan.Par.0001.File.dat/ppd_actionplan.pdf</a></p>	<p>Depression Self-Care Action Plan</p>
<p>Center for Postpartum Adjustment  <a href="http://www.postpartumsupport.com/">http://www.postpartumsupport.com/</a></p>	<p>Self-screening tools, information for consumers</p>
<p>Here to Help  <a href="http://www.heretohelp.bc.ca/">http://www.heretohelp.bc.ca/</a></p>	<p>Interactive toolkits, self-screening tests, learning modules, patient education tests in multiple foreign languages</p>
<p>Jane Honikman  <a href="http://www.janehonikman.com">www.janehonikman.com</a></p>	<p>Founder of Postpartum Support International; Resources for self-care</p>
<p>Mass General Center for Women's Mental Health  <a href="http://www.womensmentalhealth.org">www.womensmentalhealth.org</a></p>	<p>Resources for clinicians and mothers; latest research on PPD, medications, etc.</p>
<p>MedEdPPD  <a href="http://www.mededppd.org">http://www.mededppd.org</a></p>	<p>Evidence-based resources for providers and consumers; slide library, CME modules, screening tools, decision pathway, patient videos to illustrate PP blues vs. PPD vs. psychosis</p>
<p>Motherisk  <a href="http://www.motherisk.org">www.motherisk.org</a></p>	<p>Resources for medication risk during pregnancy and breastfeeding.</p>
<p><a href="#">The National Hopeline Network</a>          1-800-SUICIDE</p>	<p>Suicide hotline.</p>
<p>Online PPD Support  <a href="http://www.ppdsupportpage.com">http://www.ppdsupportpage.com</a></p>	<p>Resources and support; "PP Contract", "Crisis Plan", "Post-Crisis Worksheet"</p>
<p>Postpartum Progress  <a href="http://postpartumprogress.typepad.com">http://postpartumprogress.typepad.com</a></p>	<p>Most widely read blog on PPD, written by Katherine Stone, a survivor, advocate, and board member of Postpartum Support International.</p>
<p>Postpartum Stress Center  <a href="http://www.postpartumstress.com">http://www.postpartumstress.com</a></p>	<p>Both self-screening tools and tools for provider use</p>
<p>Postpartum Support International (PSI)  <a href="http://www.postpartum.net">http://www.postpartum.net</a>           Postpartum Depression Helpline 1-800-944-4PPD</p>	<p>Links for self-screening, web forums, support groups by state, information for dads/families. "Wednesday Weekly Chat with an Expert".</p>
<p>Postpartum Dads  <a href="http://www.postpartumdads.org">http://www.postpartumdads.org</a></p>	<p>Excellent support resources for dads and families.</p>



- [Shoshana S. Bennett, Pec Indman: Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression](#)



- [Ann Dunnewold and Diane G. Sanford: Postpartum Survival Guide](#)



- [Karen Kleiman: This Isn't What I Expected: Overcoming Postpartum Depression](#) (\*\*\*\*)



- [Karen Kleiman: What Am I Thinking? Having a Baby After Postpartum Depression](#) (\*\*\*\*)



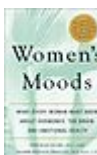
- [Sylvia Lasalandra: A Daughter's Touch: A Journey of a Mother Trying to Come to Terms with Postpartum Depression](#) (\*\*\*\*)



- [Sandra Poulin: The Mother-to-Mother Postpartum Depression Support Book](#) (\*\*\*\*)



- [Brooke Shields: Down Came The Rain](#)



- [Deborah Sichel and Jeanne Watson Driscoll: Women's Moods: What Every Woman Must Know About Hormones, the Brain, and Emotional Health](#) (\*\*\*\*)