



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.

Barnes, Diana & Balber, Leigh, The Journey to Parenthood (2007)

Beck, Cheryl T. & Driscoll, Jeanne Watson, Postpartum Mood and Anxiety Disorders: A Clinician's Guide (2006)

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)

Cohen, Lee MD & Nonacs, Ruta, MD, Mood and Anxiety Disorders During Pregnancy and Postpartum, (2005) For healthcare providers.

Cox, John & Holden, Jeni, Perinatal Mental Health- A Guide to the Edinburgh Postnatal Depression Scale (2003)

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

Dunnewold, Ann PhD, & Sanford, Diane G. PhD, Life Will Never Be The Same: The Real Mom's Postpartum Survival Guide (2010)

Hale, Thomas, PhD, Medications and Mothers Milk: A Manual of Lactational Pharmacology, Updated each year, www.ibreastfeeding.com

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)

Kleiman, Karen, Postpartum Husband: Practical Solutions for Living with PPD (2000)

- Kleiman, Karen, What Am I Thinking? Having a Baby After Postpartum Depression (2005)
- Kleiman, Karen, Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek Their Help (2008)
- Milgrom, Jeanette, Treating postnatal depression: A psychological approach (2000)
- Miller, Laura, M.D, editor, Postpartum Mood Disorders (1999)
- Misri, Shaila, MD, Pregnancy Blues: What Every Woman Needs to Know about Depression During Pregnancy (2006)
- Nonacs, Ruta, MD, PhD, A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years (2007)
- Pacific Postpartum Support Society, Postpartum Depression and Anxiety: A Self-Help Guide for Mothers (2005) www.postpartum.org
- Placksin, Sally, Mothering the New Mother – Your Postpartum Resource Companion. (1994)
- Poulin, Sandra, The Mother-to- Mother Postpartum Depression Support Book (2006)
- Puryear Lucy, MD, Understanding Your Moods When You're Expecting: Emotions, Mental Health, and Happiness — Before, During, and After Pregnancy (2008)
- 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)
- Spinelli, Margaret, MD, Infanticide: Psychosocial& Legal Perspectives on Mothers Who Kill (2003)
- Stone, Susan, LCSW, and Menken, Alexis, PhD, editors, Perinatal and Postpartum Mood Disorders: Perspectives and Treatment Guide for the Health Care Practitioner (2008)
- Stuart, Scott & Wenzel, Amy, Anxiety in Childbearing Women: Diagnosis and Treatment (2010)
- Thiele, Katia, Maternidad Tabu - in Spanish - Paperback and E-Book (2010)
- Twomey, Teresa, Understanding Postpartum Psychosis: A Temporary Madness (2009)
- Venis, Joyce & McCloskey, S., Postpartum Depression Demystified: An Essential Guide for Understanding and Overcoming the Most Common Complication after Childbirth (2007)
- Wiegartz, Pamela, The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions (2009)

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

Pacific Postpartum Support Society: Telephone Support Reference Manual
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

Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders by Postpartum Support International (2010) 13 min. **In English & Spanish!**
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

Postpartum Couples-Postpartum Mood Disorders: The Couple's Experience by Christina Hibbert (2002) 33 min. www.postpartumcouples.com

Medications in Pregnancy & Lactation

MotherRisk, www.motherrisk.com, 877-439-2744

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

Infant Risk, www.infantrisk.com, 806-352-2519

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