

# BEYOND Baby Blues:



You are not alone.  
You are not to blame.  
With help,  
you will be well.



## BEST BEGINNINGS

Alaska's Early Childhood Investment

Sponsored by Partnerships for  
Families & Children with  
support from Best Beginnings

[www.juneaufamilies.org](http://www.juneaufamilies.org)

## PNMD Resources

### BOOKS

Many of these books can be ordered through the Postpartum Support International (PSI) website: [www.postpartum.net](http://www.postpartum.net). Titles are often sold below list price. A portion of the proceeds are donated to PSI.

#### **The Journey to Parenthood: Myths, Reality, and What Really Matters**

By Diana Lynn Barnes, PsyD & Leigh G. Balber June, 2007

#### **Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood**

By Karen Kleiman and Amy Wenzel November, 2010

#### **Happy Endings, New Beginnings: Navigating Postpartum Disorders**

By Susan Benjamin Feingold, PsyD February, 2013

#### **Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide**

Ann Dunnewold, PhD and Diane Sanford, PhD March, 2010

#### **The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions**

By Pamela S. Wiegartz, PhD and Kevin L. Gyoerkoe, PsyD June, 2009

#### **A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years**

By Ruta Nonacs, MD, PhD August, 2007

#### **When Baby Brings the Blues: Solutions for Postpartum Depression**

By Ariel Dalfen, MD December, 2009

#### **Women's Moods: What Every Woman Must Know About Hormones, the Brain, and Emotional Health**

By Deborah Sichel, MD and Jeanne Watson Driscoll, MS, RN, CS December, 2000

#### **Supermom: A Postpartum Anxiety Survival Story**

By Stacey Ackerman April, 2011

#### **The Mommy Plan: Restoring Your Post-pregnancy Body Naturally, Using Women's Traditional Wisdom**

By Valerie Lynn July, 2012

### Internet

**Postpartum Support International:**  
[www.postpartum.net](http://www.postpartum.net)

**Marcé Society:**  
[www.marcesociety.com](http://www.marcesociety.com)

**National Institute of Mental Health:**  
[www.mededppd.org](http://www.mededppd.org)

**On-line Postpartum Support:**  
[www.ppdsupportpage.com](http://www.ppdsupportpage.com)

**Postpartum Dads:**  
[www.postpartumdads.org](http://www.postpartumdads.org)

**Blog by Katherine Stone:**  
[www.postpartumprogress.typepad.com](http://www.postpartumprogress.typepad.com)

**The MISS Foundation :**  
(for families experiencing loss):  
[www.missfoundation.org](http://www.missfoundation.org)

### Phone

**Alaska Emergency Services Hotline**  
(907) 563-3200  
Trained operators providing 24-hour support and crisis counseling.

**Motherisk**  
(416) 813-6780  
Providing information about the risk or safety of medication, herbs, diseases, or chemical exposure.

**Postpartum Stressline**  
(888) 678-2669  
Trained volunteers are survivors of Perinatal Mood disorders, provide information and support.

**Postpartum Support International**  
(800) 944-4773

**National Hopeline Network**  
(800) 773-6667