

SUPPORT for MOMS

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
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www.juneaufamilies.org

PMD Resources for Providers

BOOKS

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

Beyond the Blues, A Guide to Understanding and Treating Prenatal and Postpartum Depression. Shoshana Bennett, Ph.D. and Pec Indman, EdD. (Moodswings Press, 2003).

Depression in Mothers: Causes, Consequences, and Treatment Alternatives. Kathleen A. Kendall-Tackett, Ph.D. (Hayworth Maltreatment and Trauma Press, 2005).

Evaluation and Treatment of Postpartum Emotional Disorders. Ann Dunnewold, PhD. (Professional Resources Press, 1997). Call Professional Resource Press at 1-800-443-3364 or see www.prpress.com. Email orders@prpress.com. Available in Spanish.

Mood and Anxiety Disorders During Pregnancy and Postpartum. Edited by Lee S. Cohen, M.D. and Ruta Nonacs, M.D., PhD. (American Psychiatric Publishing, Inc., 2005).

Postpartum Depression and Child Development. Edited by Lynne Murran and Peter Cooper. (Guilford Press, 1997). To order, call 1-800-365-7006 or email: info@guilford.com.

Postpartum Mood Disorders. Edited by Laura Miller, M.D. (American Psychiatric Publishing, 1999). To order, call 1-800-368-5777, email [orders@ appi.org](mailto:orders@appi.org) or visit <http://www.appi.org>.

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

Women's Moods: What Every Woman Must Know About Hormones, Brain, and Emotional Health. Deborah Sichel, M.D. and Jeanne Watson Driscoll, M.S., R.N., C.S. (Harper Books, 1999).

Treating Postnatal Depression: A Psychological Approach for Health Care Practitioners. Jeannette Milgrom. (John Wiley & Sons, LTD, 2005).

Internet

MedEdPPD

MedEdPPD.org is a professional education, peer-reviewed web site developed with the support of the National Institute of Mental Health (NIMH). The site has two objectives; first, to further the education of primary care providers (pediatricians, family physicians, obstetrician, psychiatrists, nurses, physician's assistants, nurse practitioners, nurse midwives, and social workers) who treat women who have or are at risk for postpartum depression (PPD); and second, to provide information for women with PPD and their friends and family members. With these considerations in mind, MedEdPPD.org has been designed to provide professionals with the tools to successfully screen, diagnose, treat, refer, and engage women with PPD. We encourage you to visit their website: www.mededppd.org.

Medication, Pregnancy and Breastfeeding Resources:

The data pertinent to the use of medications during pregnancy and breastfeeding continues to evolve. It is important that if you are prescribing or referring a woman to a psychopharmacologist that you/they be up-to-date on the issues pertaining to postpartum, lactation, and medications. Here are a few resources:

- ... Massachusetts General Hospital Center for Women's Mental Health (www.womensmentalhealth.org)
- ... The Motherisk Program in Toronto, Canada (www.motherisk.org)
- ... Emory University School of Medicine, Women's Mental Health Program (www.emorywomensprogram.org)
- ... **Medications and Mothers Milk.** Thomas Hale. (Pharmasoftware Medical Publishing, updated yearly).