



Speak Up When You're Down

Books and online resources about PPD

Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression

Shoshana S. Bennett, Ph.D., Pec Indman, Ed.D. MFT

A concise and up-to-date book for women needing help with prenatal (pregnancy) and postpartum depression and anxiety. It contains the latest information to help women, their families and healthcare professionals.

Beyond the Birth: What No One Ever Talks About

Postpartum Support International of Washington

Explores the impact postpartum mood disorders have on the family. Recommendations are offered on prevention or lessening of symptoms. Treatment options are explained in terms patients and their families can easily understand. The booklet concludes with a section listing both local and national resources and a recommended book list. Order booklet online at www.ppmdsupport.com

Down Came the Rain: My Journey through Postpartum Depression

Brooke Shields

When Brooke Shields welcomed her newborn daughter, Rowan Francis, into the world, something unexpected followed: a crippling depression. Shields writes about the trials, tribulations, and finally the triumphs that occurred before, during, and after the birth of her daughter.

Helping a Mother through Postpartum Depression: For Fathers, Families and Friends

Robert G. Logan, MD

Provides suggestions for partners, families, and friends of postpartum depression sufferers for dealing with symptoms of the illness. It gives a definition of postpartum depression, explains what may cause it and provides a description of the symptoms followed by suggestions for dealing with each symptom.

This Isn't What I Expected: Overcoming Postpartum Depression

Karen Kleiman, MSW, Valerie Raskin, MD

Postpartum experts Karen Kleiman and Valerie Raskin offer compassionate support and solid advice to women with PPD and those closest to them. They provide a self-help program to help women monitor the illness, recognize when they need professional help, cope with daily life, and recover with new strength and confidence.

Overcoming Postpartum Depression and Anxiety

Linda Sabastian

A guide to recognizing and treating the mood and anxiety problems that can be an unexpected part of giving birth. The author balances compelling anecdotes with medical information that can help new mothers, fathers and families navigate mazes of confusion and despair.

Postpartum Depression and Child Development

Elizabeth M. Tully, M.D.

Explores the impact of postpartum depression and includes international perspectives on research. Intended for psychiatrists, psychologists, and all professionals in the field of human development.

The Postpartum Husband: Practical Solutions for Living with Postpartum Depression

Karen Kleiman, MSW

This hands-on guide includes explanations, supportive information and specific recommendations to help partners deal with the impact of depression after the birth of a baby.

Shouldn't I Be Happy? Emotional Problems of Pregnant and Postpartum Women

Shaila Misri, M.D.

An expert on the psychology of pregnancy and postpartum, Misri offers advice on the wide range of emotional issues that come with parenthood, including the more serious emotional disorders that often cloud a pregnancy and the early days of motherhood.

www.mededppd.org/mothers: Developed with the support of the National Institute of Mental Health (NIMH) to provide education about postpartum depression (PPD). This part of the site, Mothers and Others, contains information for women with PPD and their friends and families.

Discovering Hope: A booklet that describes the symptoms, treatment and factors contributing to depression that are unique to women. Developed by the National Institute of Mental Health.

www.napsdoulas.com: The nonprofit Northwest Association for Postpartum Support offers free referrals to postpartum doulas.

www.ppdsupportpage.com: A place for women who are experiencing mood disorders after giving birth or adopting a baby (or have had past experience with these issues), as well as their families and friends and health professionals with an interest in reproductive mental health.

www.postpartumstress.com: The Postpartum Stress Center specializes in the diagnosis and treatment of prenatal and postpartum depression and anxiety disorders.

www.ppm-support.com and www.postpartum.net: Postpartum Support International and PSI of Washington offer information and support to help ensure a healthy environment in which families can thrive together.

www.postpartummen.com: A place for men with concerns about depression, anxiety or other problems with mood after the birth of a child. It promotes self-help, provides important information for fathers—including a self-assessment for postpartum depression—hosts an online forum for dads to talk to each other, , gathers new information about men's experiences postpartum, and—most importantly—helps fathers to beat the baby blues.

www.postpartumdads.org: Intended to help dads and families by providing firsthand information and guidance through the experience of PPD.

www.del.wa.gov/development/strengthening