

Postpartum Mental Health Resources

Postpartum Support International (PSI)

Hotline in English and Spanish: 800-944-4773
postpartum.net

The National Women's Health Information Center

800-944-9662
womenshealth.gov/mental-health

Maternal Mental Health Now

A Los Angeles-based organization committed to education families and professionals about postpartum mental health
maternalmentalhealthnow.org

Postpartum Progress

An informational webpage and blog created by a survivor of Postpartum anxiety and OCD
postpartumprogress.com

Postpartum Dads

A website to support dads through the postpartum process
postpartumdads.org

Books

This Isn't What I Expected / Karen Kleiman, MSW and Valerie Raskin, M.D.

Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression / Pec Indman, MFT and Shoshanna Bennett, PhD

The Mother to Mother Postpartum Depression Support Book / Sandra Poulin

Down Came the Rain: My Journey Through Postpartum Depression / Brooke Shields

Beyond the Baby Blues: Anxiety and Baby Blues During and After Pregnancy /
Rebecca Fox Starr

When Postpartum Packs a Punch: Fighting Back and Finding Joy / Kristina Cowan

The Postpartum Husband: Practical Solutions for Living with Postpartum Depression / Karen Kleiman, MSW

