



# Beyond Baby Blues

## A Mother's Guide to Postpartum Depression



**VCU**Health™

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There are many changes that can occur during your pregnancy and after delivery. Some women experience mild “baby blues,” while others can develop depression, anxiety, low mood, obsessive-compulsive thoughts or psychosis. Although many moms-to-be don't think that they are at risk for these conditions, approximately 15 to 20 percent of all women experience some form of pregnancy-related depression or anxiety. If this happens to you, it is important to know that you are not alone, and that VCU Health is here to help.

Symptoms of postpartum depression might include:

- Feelings of extreme sadness, anger or irritability
- Lack of interest in your baby
- Loss of appetite
- Sleeping too much or not at all
- Fatigue or apathy
- Feelings of hopelessness, guilt and shame
- Poor concentration
- Persistent anxiety
- Serious thoughts of death or suicide

If you experience any of these symptoms, it is very important that you talk to your doctor, midwife or any member of your health care team immediately about what you are feeling.

## Resource Guide for Postpartum Depression (PPD)

There are many resources available to support you on your journey of becoming a parent. This list includes both local and national resources to help mothers and families who may be suffering from postpartum depression and need additional support.

This guide provides phone numbers and links to websites maintained by other entities. References to any entity, product, service or source of information that may be contained in this list should not be considered an endorsement.



## If You Are In Crisis

If you are thinking of harming yourself or your baby, please get help right away. The resources below will connect you immediately with someone who can help.

### **National Suicide Prevention Lifeline**

1-800-273-8255

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
(se habla Español)

### **Crisis Text Line**

Provides free consultations with trained crisis counselors.

Text: 741741

### **Emergency Police**

911

## **Local Community Service Boards:**

### **Richmond Behavioral Health Authority (RBHA)**

24-hour crisis line

(804) 819-4100 (se habla Español)

### **Chesterfield County Mental Health**

24-hour crisis line

(804) 748-6356

### **Henrico County Mental Health**

24-hour crisis line

(804) 727-8484 (se habla Español)

### **Hanover County Mental Health**

24-hour crisis line

(804) 365-4200

### **Powhatan County Mental Health**

24-hour crisis line

(804) 598-2697

### **Goochland County Mental Health**

24-hour crisis line

(804) 556-3716



## Postpartum Depression Resources

### **Postpartum Support Virginia**

Helps childbearing women in Virginia receive information about perinatal mood and anxiety disorders.

(703) 829-7152

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

### **Postpartum Support International (PSI)**

Connects moms, dads and families suffering from the effects of mom's PPD with local resources, including counselors, to start on the road to recovery.

1-800-944-4773 (se habla Español)

[www.postpartum.net](http://www.postpartum.net)

#### **“Chat With an Expert”**

PSI hosts free weekly live phone sessions, including Wednesday chats for moms. For chat times, find monthly schedules at the following link:

[www.postpartum.net/  
chat-with-an-expert](http://www.postpartum.net/chat-with-an-expert)

Chat Number: 1-800-944-8766

Participant Code: 73162

### **Partners to Parents**

Provides practical tips for new parents and parents-to-be, to help you support one another and reduce your chance of experiencing depression and anxiety.

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

### **Postpartum Progress**

This blog aims to raise awareness, fight stigma and provide peer support and programming to women with maternal mental illness.

[www.postpartumprogress.com](http://www.postpartumprogress.com)

### **The Online Postpartum Mood Disorder Support Group**

An online support group for women – as well as their families and friends – who are experiencing mood disorders after giving birth or adopting a baby.

[www.ppdsupportpage.com](http://www.ppdsupportpage.com)

### **The Period of PURPLE Crying®**

Helps parents understand, rather than become frustrated, that baby's crying is a temporary, normal part of every infant's development.

[www.purplecrying.info](http://www.purplecrying.info)

### **Mind Body Pregnancy**

Simplifies the scientific information available on topics of mental health in the important life milestone of pregnancy, the postpartum period and related events.

[www.mindbodypregnancy.com](http://www.mindbodypregnancy.com)

### **Solace for Mothers**

Provides support for women who have experienced childbirth as traumatic, including online forums where mothers can share their stories.

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

### **VCU Department of Psychiatry**

Provides mental health services for women suffering from postpartum depression and anxiety.

(804) 828-2000, press option 2 for outpatient appointments.

## Resources for Fathers / Male Partners

### **Postpartum Dads**

Offers information and resources to help fathers by providing firsthand guidance through the experience of PPD.

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

### **Postpartum Support International**

A free call-in forum for dads to get information and support on PPD.

[www.postpartum.net/get-help/resources-for-fathers](http://www.postpartum.net/get-help/resources-for-fathers)

### **“Chat With an Expert”**

PSI hosts free weekly live phone sessions, including chats for dads, on the first Monday of each month. For chat times, find monthly schedules at the following link: [www.postpartum.net/chat-with-an-expert](http://www.postpartum.net/chat-with-an-expert)

Chat Number: 1-800-944-8766

Participant Code: 73162

## Help at Home

### **Healthy Families Virginia**

Connects families across the state with supportive home visits designed to work with overburdened families who may be experiencing mental health issues. Services may begin prenatally, or right after the birth of a baby, and are offered voluntarily, intensively and for up to 5 years after the birth of the baby. Accepts Medicaid.

[www.pcav.org/healthy-families](http://www.pcav.org/healthy-families)

### **Postpartum Doulas**

A postpartum doula provides evidence-based information on things such as infant feeding, emotional and physical recovery from birth, mother-baby bonding, infant soothing, and basic newborn care. A postpartum doula is there to help a new family in those first days and weeks after bringing baby home.

[www.doulamatch.net](http://www.doulamatch.net)

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

### **The Urban Baby Beginnings Program**

Provides home support, education, prenatal and postpartum resources to families in the underserved communities. Accepts Medicaid.

(804) 519-5526

[www.facebook.com/urbanbabybeginnings](http://www.facebook.com/urbanbabybeginnings)

### **Heart in Home Perinatal/Newborn Home Health Care**

Provides collaborative, convenient, patient-centered perinatal/newborn care within the comfort of the family home.

Accepts Medicaid.

(804) 621-4389

[www.myheartinhome.com](http://www.myheartinhome.com)

### **Pink Newborn Services**

A nationwide placement service of newborn care specialists, overnight newborn care/night nannies, postpartum doulas, certified lactation counselors, sleep specialists, maternity & child sleep consultants, certified eco-maternity/greenproof consultants, parenting educators, and nannies.

(877) 456-7465

[www.pinknewbornservices.com](http://www.pinknewbornservices.com)

## Grief and Loss

### **Full Circle Grief Center**

Provides comprehensive, professional grief support for children, adults, families and communities, integrating a variety of creative ways for them to express their grief, such as art, writing, play therapy, crafting, music and photography. Located in Richmond.  
[www.fullcirclegc.org](http://www.fullcirclegc.org)

### **MISS Foundation**

A volunteer-based organization providing counseling, advocacy, research and education services to families experiencing the death of a child. Offers a listing of grief counselors by city and state.  
[www.missfoundation.org](http://www.missfoundation.org)

### **Compassionate Friends**

Hosts local chapter meetings to provide grief support, in a group setting, for families that have experienced the death of a child.  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

### **StillBirthDay**

Includes resources to support pregnancy loss prior to, during and after birth in any trimester. Provides a listing of Still Birth Doulas by state.  
[www.stillbirthday.com](http://www.stillbirthday.com)

### **VCU Health Hispanic Perinatal Loss Support Group / VCU Health Grupo Hispano de Apoyo de Pérdida Perinatal**

Please call and leave a message for further information.  
(804) 628-1992

## Support for Military Families

### **Operation Special Delivery**

Provides birth doula services to military personnel and their families at a discounted rate.  
[www.operationsspecialdelivery.com](http://www.operationsspecialdelivery.com)

### **Give an Hour**

Provides free mental health care to military families.  
[www.giveanhour.org](http://www.giveanhour.org)

### **Vets4Warriors**

Provides 24/7 confidential, stigma-free peer support by veterans to active duty, National Guard and reserve service members, veterans, retirees and their families/ caregivers.  
(855) 838-8255  
[www.vets4warriors.com](http://www.vets4warriors.com)

### **Mental health support by branch of service:**

#### **Army**

(252) 917-4835

#### **Navy, Marines and Coast Guard**

(360) 682-2346

#### **Air Force**

(702) 588-3804

#### **Army Reserve**

(404) 246-4994

## Intensive Treatment Centers

These intensive, inpatient treatment centers support women suffering from severe psychiatric issues surrounding pregnancy and birth. The treatment centers provide teams of doctors, nurses, psychologists, social workers and other therapists who work together to create individualized treatment plans.

### **The Perinatal Mood Disorders Inpatient Unit at UNC Chapel Hill**

Chapel Hill, North Carolina  
(984) 974-3834  
[www.med.unc.edu/psych/wmd/patient\\_care/patient\\_care/perinatal-inpatient](http://www.med.unc.edu/psych/wmd/patient_care/patient_care/perinatal-inpatient)

### **Pine Rest Mother-Baby Program**

Grand Rapids, Michigan  
1-800-678-5500  
[www.pinerest.org/services/mother-baby-program-postpartum-depression-treatment](http://www.pinerest.org/services/mother-baby-program-postpartum-depression-treatment)

### **Women and Infants Day Hospital, Center for Women's Behavioral Health**

Providence, Rhode Island  
(401) 453-7955 (se habla Español)  
[www.womenandinfants.org/services/behavioral-health/index.cfm](http://www.womenandinfants.org/services/behavioral-health/index.cfm)



## Videos: Real Moms Share Their Struggles with Postpartum Depression

### **Moms Talk About Their Postpartum Depression**

[www.youtube.com/watch?v=V64PqXKs02g](http://www.youtube.com/watch?v=V64PqXKs02g)

### **Let's Talk About Postpartum Depression - Lisa Abramson – Tedx SantaCatalina School**

[www.youtube.com/watch?v=6glBDRZUAM0](http://www.youtube.com/watch?v=6glBDRZUAM0)

## Books

### ***Post Partum Depression and Anxiety: A Self-Help Guide for Mothers***

by Pacific Post Partum Support Society

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

by Shoshana S. Bennett, PhD and Pec Indman, EdD, MFT

### ***This Isn't What I Expected: Overcoming Postpartum Depression (2nd Edition)***

by Karen Kleiman, MSW, LCSW and Valerie Davis Raskin, MD

### ***The Ghost in the House: Motherhood, Raising Children, and Struggling with Depression***

by Tracy Thompson

### ***Postnatal Depression – The Essential Guide***

by Catherine Burrows

### ***Eyes Without Sparkle: A Journey Through Postnatal Illness***

by Elaine A. Hanzak

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

by Susan Benjamin Feingold, PsyD

### ***Down Came the Rain: My Journey Through Postpartum Depression***

by Brooke Shields

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

by Ariel Dalfen, MD

### ***The Mother-to-Mother Postpartum Depression Support Book:***

### ***Real Stories from Women Who Lived Through It and Recovered***

by Sandra Poulin

### ***Mommy Deconstructed: A Postpartum Depression and Anxiety Recovery Guide***

by Christina L. Vanneste

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

by Karen Kleiman and Amy Wenzel



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