Beyond Baby Blues

A Mother’s Guide to Postpartum Depression
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.

Beyond Baby Blues: A Mother’s Guide to Postpartum Depression

This resource guide is available online at vcumom.com
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
(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

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

“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
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

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

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

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

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

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.

This resource guide is available online at vcumom.com
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

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

“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

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.pcaav.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
www.richmonddoulas.org

The Urban Baby Beginnings Program
Provides home support, education, prenatal and postpartum resources to families in the underserved communities. Accepts Medicaid.
(833) 782-2229
www.urbanbabybeginnings.org/

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

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
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

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

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

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

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.operationspecialdelivery.com

Give an Hour
Provides free mental health care to military families.
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

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

This resource guide is available online at vcumom.com
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/perinatal-inpatient/

Pine Rest Mother-Baby Program
Grand Rapids, Michigan
1-800-678-5500
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
Videos: Real Moms Share Their Struggles with Postpartum Depression

Moms Talk About Their Postpartum Depression
www.youtube.com/watch?v=V64PqXKs02g

Let’s Talk About Postpartum Depression - Lisa Abramson – Tedx SantaCatalina School
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