



# Beyond Baby Blues

A Guide to Perinatal Depression and Anxiety

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 perinatal depression and anxiety 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 Perinatal Depression and Anxiety

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**

988 (Call or text)

[988lifeline.org](https://988lifeline.org)

(se habla Español)

### **Crisis Text Line**

Provides free consultations with trained crisis counselors.

Text: 741741

### **Emergency Police**

911

### **Maternal Mental Health Hotline**

1-833-943-5746

Available 24 hours a day, seven days a week

## **Local Community Service Boards:**

### **Chesterfield County Mental Health**

24-hour crisis line

804-748-6356

### **Goochland County Mental Health**

24-hour crisis line

804-556-3716

### **Hanover County Mental Health**

24-hour crisis line

804-365-4200

### **Henrico County Mental Health**

24-hour crisis line

804-727-8484 (se habla Español)

### **Powhatan County Mental Health**

24-hour crisis line

804-598-2697

### **Richmond Behavioral Health Authority**

24-hour crisis line

804-819-4100 (se habla Español)

## Perinatal Depression and Anxiety Resources

### **Getting Better Together: Postpartum Support Group for Moms**

Provides peer support for moms who may be experiencing depression or anxiety during their transition to motherhood.

[vcuhealth.org/postpartumsupport](https://vcuhealth.org/postpartumsupport)

### **Seven Starling**

Online therapy resource for moms during pregnancy and the postpartum period.

Accepts a range of insurances, including some Medicaid MCOs.

[sevenstarling.com](https://sevenstarling.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.

[purplecrying.info](https://purplecrying.info)

### **Postpartum Support International**

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

1-800-944-4773 (se habla Español)

[postpartum.net](https://postpartum.net)

### **"Chat With an Expert"**

PSI hosts free weekly live phone sessions, including Wednesday chats for moms.

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

Chat Number: 1-800-944-8766

Participant Code: 73162

### **Postpartum Support Virginia**

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

703-829-7152

[postpartumva.org](https://postpartumva.org)

### **VCU Medical Center**

#### **Department of Psychiatry**

Provides mental health services for women suffering from PPD and anxiety.

804-828-2000, option 2

## Resources for Fathers and Male Partners

### **Maternal Mental Health Leadership Alliance**

Fact sheets, book recommendations, website, support groups and programs for new dads.

[mmhla.org/articles/resources-for-fathers](http://mmhla.org/articles/resources-for-fathers)

### **Postpartum Support International**

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

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

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

Chat Number: 1-800-944-8766

Participant Code: 73162

## Help at Home

### **Birth in Color**

Offers doula services, postpartum support services and classes throughout pregnancy journey. Accepts Medicaid.

(804) 840-6435

[birthincolor.org](http://birthincolor.org)

### **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 five years after the birth of the baby.

Accepts Medicaid.

[familiesforwardva.org/healthy-families-virginia](http://familiesforwardva.org/healthy-families-virginia)

### **Pink Newborn Services**

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

(330) 237-9565

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

### **Postpartum Doulas**

A postpartum doula provides evidence-based information about 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.

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

### **Urban Baby Beginnings Program**

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

(833) 782-2229 ext. 800

[urbanbabybeginnings.org](http://urbanbabybeginnings.org)

## 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. Specifically offers perinatal loss support group.

[fullcirclegc.org](http://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.

[missfoundation.org](http://missfoundation.org)

### **The Compassionate Friends**

Hosts local chapter meetings to provide grief support, in a group setting, for families that have experienced the death of a child.

[compassionatefriends.org](http://compassionatefriends.org)

## Support for Military Families

### **Give an Hour**

Provides free mental health care to military families.

[giveanhour.org](http://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 or caregivers.

(855) 838-8255

[vets4warriors.com](http://vets4warriors.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.

### **UNC Center for Women's Mood Disorders, Perinatal Psychiatry Inpatient Unit**

Chapel Hill, North Carolina

(984) 974-3834

[med.unc.edu/psych/wmd/patient\\_care/perinatal-inpatient/](https://med.unc.edu/psych/wmd/patient_care/perinatal-inpatient/)

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

Grand Rapids, Michigan

1-800-678-5500

[pinerest.org/services/mother-baby-program-postpartum-depression-treatment](https://pinerest.org/services/mother-baby-program-postpartum-depression-treatment)

### **Women and Infants, Care New England**

Providence, Rhode Island

(401) 453-7955 (se habla Español)

[womenandinfants.org/services/behavioral-health/index.cfm](https://womenandinfants.org/services/behavioral-health/index.cfm)

### **Womens Perinatal and Postpartum Mental Health Program**

Henrico Doctor's Hospital offers an outpatient perinatal/postpartum mental health program tailored towards women experiencing mood/anxiety disorders. May bring your baby.

(804) 289-4865

[hcavirginia.com/locations/henrico-doctors-hospital/specialties/womens-mental-health](https://hcavirginia.com/locations/henrico-doctors-hospital/specialties/womens-mental-health)

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

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

<https://www.youtube.com/watch?v=6glBDRZUAM0>

### Moms Talk About Their Postpartum Depression and Anxiety

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

## Books

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

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

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

by Brooke Shields

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

by Karen Kleiman and Amy Wenzel

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

by Elaine A. Hanzak

### ***Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers***

by Karen Kleiman, MSW

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

by Tracy Thompson

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

by Susan Benjamin Feingold, PsyD

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

by Christina L. Vanneste

### ***The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived Through It and Recovered***

by Sandra Poulin

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

by Pacific Post Partum Support Society

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

by Catherine Burrows

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

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

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

by Ariel Dalfen, MD