

Resources for Perinatal Mood Disorders

Many books can be ordered through the PSI website www.postpartum.net using Amazon.com. Many of those books are sold below list price, and a portion of those proceeds is donated to the upkeep of the PSI website. Visit the PSI website, choose to visit the PSI Postpartum Bookstore & Video Center and double click on the title of the book that you wish to buy.

BOOKS

Barnes, Diana & Balber, Leigh, The Journey to Parenthood: Myths, Reality, and What Really Matters (2007)

Beck, Cheryl T. & Driscoll, Jeanne Watson, Postpartum Mood and Anxiety Disorders: A Clinician's Guide (2006)

Bennett, Shoshana PhD & Indman, Pec, EdD, MFT, Beyond the Blues – A Guide to Understanding and Treating Prenatal and Postpartum Depression (2005) English & Spanish

Bennett, Shoshana PhD, Postpartum Depression for Dummies. (2007)

Bing, Elisabeth & Colma, Libby Laughter and Tears – The Emotional Life of New Mothers (1997)

Cohen, Lee MD & Nonacs, Ruta, MD, Mood and Anxiety Disorders During Pregnancy and Postpartum, (2005) For healthcare providers.

Cox, John & Holden, Jeni, Perinatal Mental Health- A Guide to the Edinburgh Postnatal Depression Scale (2003)

Cox, John & Holden, Jeni, Use and Misuse of the Edinburgh Postnatal Depression Scale (1994)

Dix, Carol, The New Mother Syndrome – Coping with Postpartum Stress and Depression (1985)

Dunnewold, Ann PhD, Evaluation and Treatment of Postpartum Emotional Disorders (1997)

Dunnewold, Ann PhD, & Sanford, Diane G. PhD, Postpartum Survival Guide, (1994)

Hamilton, James, MD, & Harberger, Patricia Neel, Postpartum Psychiatric Illness: A Picture Puzzle (1992)

Kendall-Tackett, Kathleen, PhD, IBCLC Depression in Mothers: Causes, Consequences, and Treatment Alternatives (2005)

Kendall-Tackett, Kathleen, The Hidden Feelings of Motherhood – Coping with Stress, Depression, and Burnout (2001)

Kendall-Tackett, Kathleen, & Kaufman Kantor, Glenda, Postpartum Depression: A Comprehensive Approach for Nurses (1993)

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Kendall-Tackett, Kathleen, Non-Pharmacological Treatment for Depression in New Mothers (2008), www.ibreastfeeding.com

Kleiman, Karen MSW and Raskin, Valerie MD, This Isn't What I Expected, (1994)

Kleiman, Karen MSW, Postpartum Husband: Practical Solutions for Living with Postpartum Depression. (2000)

Kleiman, Karen, What Am I Thinking? Having a Baby After Postpartum Depression (2005)

Miller, Laura, M.D, Editor, Postpartum Mood Disorders (1999)

Pacific Postpartum Support Society, .Postpartum Depression and Anxiety: A Self-Help Guide for Mothers (1987)

Placksin, Sally, Mothering the New Mother – Your Postpartum Resource Companion. (1994)

Poulin, Sandra, The Mother-to- Mother Postpartum Depression Support Book (2006)

Shields, Brooke, Down Came the Rain (2005)

Spinelli, Margaret, MD, Infanticide: Psychosocial and Legal Perspectives on Mothers Who Kill

Taylor, Verta, PhD, Rock-A-By Baby Feminism, Self-Help and Postpartum Depression (1996)

Venis, Joyce & McCloskey, S., Postpartum Depression Demystified: An Essential Guide for Understanding and Overcoming the Most Common Complication after Childbirth (2007)

BOOKLETS and GUIDES

Jane Honikman: Step by Step & I'm Listening www.janehonikman.com/buy

PSI: Developing a Sustainable Perinatal Support Network
www.postpartum.net/resources/healthcare-pros/psi-guidebook

Pacific Postpartum Support Society: Telephone Support Reference Manual
www.postpartum.org/index2

HRSA Booklet: Depression During and After Pregnancy, in English and Spanish
<http://www.ask.hrsa.gov/detail.cfm?PubID=MCH00221>

Nancy Roberts- Spectrum Health Medical Center, Michigan, 2008:
Program Development Toolkit for Postpartum Depression

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VIDEOS and DVDs

Recognizing and Treating Postpartum Depression: A Practitioner's Guide (2005) 44 min.
www.Injoyvideos.com 1-800-326-2082

Postpartum Emotions: The Blues and Beyond by Ann Dunnewold, (1995) 17 min. 1-512-338-1318

Heartache and Hope - Living through Postpartum Depression. 26 min. 1-403-777-1850

Fragile Beginnings by Jeanne Driscoll, RN. (1993) 23 min. 1-800-524-1013

Feel Like Yourself Again- Understanding Postpartum Depression and Other Mood Disorders. (2005) 24 min. 1-805-434-2236

Postpartum Couples-Postpartum Mood Disorders: The Couple's Experience by Christina Hibbert (2002) 33 min. www.postpartumcouples.com

More than Baby Blues – Unmasking Postpartum Depression by Dr. Ruta Nonacs, MD. (2003). 30 min. 800-451-5006

Postpartum – A Bittersweet Experience by Jeanne Driscoll, 27 min. 800-326-2082

INTERNET RESOURCES

EDUCATIONAL

www.postpartum.net

www.mededppd.org

www.womensmentalhealth.org Mass General's Center for Women's Mental Health

<http://cwmh.wordpress.com/about/> Blog from MGH

www.psych.uic.edu/clinical/HRSA/index.htm Consultation from University of Illinois, Chicago

www.pregnancyanddepression.com/

www.postpartumstress.com

<http://www.mchb.hrsa.gov/pregnancyandbeyond/depression/>

Resources for Perinatal Mood Disorders

www.perinatalweb.org

INTERNET RESOURCES ***SUPPORT***

www.postpartum.net

www.mededppd.org (English/Espanol)

www.ppdsupportpage.com (online PPD Support Group)

www.postpartumDADS.org (partners)

www.postpartummen.com (Men with PMDs)

www.janehonikman.com

www.postpartumstress.com

www.tabs.org.nz/ (Trauma and Birth Stress)

www.postpartumprogress.typepad.com

MULTI - LANGUAGE RESOURCES

PSI Website keeps updated links to Spanish and other multilingual resources

<http://postpartum.net/resources/#spanish>

<http://postpartum.net/resources/#info-other-languages>