



Perinatal Mood Disorders Resource List:

Many books can be ordered through the PSI website <http://www.postpartum.net> using Amazon.com. Many of those books are sold below list price, and a portion of those proceeds are 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

1. ***The Journey to Parenthood: Myths, Reality, and What Really Matters*** 2007 by Diana Lynn Barnes and Leigh Balber. Radcliffe Publishing.
2. ***Postpartum Mood and Anxiety Disorders: A Clinician's Guide*** (2006), Cheryl T. Beck, and Jeanne Watson Driscoll, Published by Jones and Bartlett Publishers, Sudbury, MA.
3. ***Beyond The Blues, A Guide to Understanding and Treating Prenatal and Postpartum Depression*** (2003) by Shoshana Bennett, PhD and Pec Indman, EdD. Moodswings Press, 1050 Windsor St., San Jose, CA 95129, 408-252-5552, or toll free 888-HUG-MOMS. www.beyondtheblues.com. Bulk rates available.
4. ***Postpartum Depression for Dummies*** 2007 by Shoshana Bennett (Author), Mary Jo Cody (Foreward). For Dummies.
5. ***Laughter and Tears: The Emotional Life of New Mothers*** 1997 by Elisabeth Bing and Libby Coleman.
6. ***The Cradle Will Fall*** 1996 by Carl Burak and Michele Remington.
7. ***Mood and Anxiety Disorders During Pregnancy and Postpartum*** (2005), edited by Lee S. Cohen, M.D. and Ruta M. Nonacs, M.D., Ph.D., published by American Psychiatric Publishing, Inc., Washington, DC.
8. ***Perinatal Psychiatry: Use and Misuse of the Edinburgh Postnatal Depression Scale*** (1994) by John Cox, M.D., and Jeni Holden. To order call: 1-800-368-5777 or fax: 202-798-2648. Order #DLBB8631. American Psychiatric Publishing Group, 1400 K. Street, NW, Washington, DC, 20005, USA.

LA BEST BABIES NETWORK



Healthy Babies. Our Future.

Presented by First 5 LA

9. ***The New Mother Syndrome: Coping with Postpartum Stress and Depression*** (1985) by Carol Dix. Published by Doubleday. (out of print)
10. ***Postpartum Survival Guide*** (1994) by Ann Dunnewold, Ph.D and Diane Sanford, Ph.D. Published by New Harbinger Publications (out of print)
11. ***Evaluation and Treatment of Postpartum Emotional Disorders*** (1997) by Ann Dunnewold, PhD. ISBN: 1-56887-024-8. Published by Professional Resources Press, Box 15560, Sarasota, FL, 34277-1560. To order call: 1-800-443-3364, fax: 941-343-9201, e-mail: orders@prpress.com, or visit: <http://www.prpress.com>.
12. ***Wiped!: Life with a Pint Size Dictator*** 2007 by Rebecca Eckler. Villard.
13. ***The Post-Adoption Blues: Overcoming the Unforeseen Challenges of Adoption*** 2004 by Karen J. Foli and John R. Thompson.
14. ***Mommies Cry Too: A Painful and Triumphant Story of Postpartum Depression*** 2006 by Carol S. Harcarik. Hartington Press.
15. ***A Mother's Tears: Understanding the Mood Swings that Follow Childbirth*** (1998) by Arlene Huysman, PhD. Appropriate for professionals. Call Publisher 7 Stories Press at: 1-800-596-7437.
16. ***Inconsolable: How I Threw My Mental Health Out with the Diapers*** (2005) by Marrit Ingman. Seal Press.
17. ***Depression in Mothers: Causes, Consequences, and Treatment Alternatives*** (2005), Kathleen A. Kendall-Tackett, PhD, IBCLC, Published by Hayworth Maltreatment and Trauma Press, Binghamton, NY.
18. ***This Isn't What I Expected*** (1994) by Karen Kleiman, M.S.W., and, Varlerie Raskin, M.D. Published by Bantam Books
19. ***Postpartum Husband: Practical Solutions for Living with Postpartum Depression*** (2001) by Karen Kleiman. Published by Xlibris Corporation.
20. ***What Am I Thinking?: Having a Baby After Postpartum Depression***, Karen Kleiman, MSW (2005)
21. ***A Mouthful of Air*** (2004) by Amy Koppelman. Published by MacAdam/Cage Publishing. \$12.50 US.
22. ***A Daughter's Touch: A Journey of a Mother Trying to Come to Terms with Postpartum Depression*** 2005 by Sylvia Lasalandra. Quatto M Publishing.

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23. ***Hillbilly Gothic: A Memoir of Madness and Motherhood*** 2006 by Adrienne Matrini. Free Press.
24. ***The Lifter of My Head: How God Sustained Me During Postpartum Depression*** 2007 by Susan McRoberts. Tate Publishing and Enterprises.
25. ***Treating Postnatal Depression: A Psychological Approach for Health Care Practitioners*** (2005), by Jeannette Milgrom, et al, Published by John Wiley & Sons, LTD.
26. ***Postpartum Mood Disorders*** (1999) edited by Laura Miller, M.D. 280 pages. Published by American Psychiatric Publishing Group, 1400 K. Street, SW, Washington, DC, 20005, USA. To order call 1-800-368-5777, fax: 202-789-2648, e-mail: order@appi.org, or visit: <http://www.appi.org>.
27. ***Shouldn't I Be Happy: Emotional Problems of Pregnant and Postpartum Women*** (1995) by Shaila Misri, M.D. Published by Simon and Schuster.
28. ***Pregnancy Blues: What Every Woman Needs to Know About Depression During Pregnancy*** (2005), Shaila Misri, M.D., FRCPC, Published by Bantam Dell, New York, NY.
29. ***Postpartum Depression and Child Development*** (1997) edited by Lynne Murray and Peter Cooper. 322 pages. Guilford Publications, Dept. 5R, 72 Spring St., New York, NY 10012, USA. To order call: 1-800-365-7006 or e-mail: info@guilford.com.
30. ***A Deeper Shade of Blue*** 2006 by Ruta Nonacs. Simon and Schuster.
31. ***Behind the Smile: My Journey out of Postpartum Depression*** (2002) by Marie Osmond. Published by Warner Books.
32. ***Postpartum Depression and Anxiety: A Self-Help Guide for New Mothers*** by Pacific Postpartum Support Society. \$10.00 + \$2.00 shipping. To order call: 604-255-7999 or write: #104-1416 Commercial Drive, Vancouver, BC, V5L 3X9, Canada. English & French
33. ***The Mother-to-Mother Postpartum Depression Support Book*** (2006) by Sandra Poulin. Published by Berkley Trade.
34. ***When Words Are Not Enough: The Women's Prescription for Depression and Anxiety*** (1997) by Valerie Raskin, M.D. Published by Broadway Books
35. ***Parallel Play*** 2007 by Thomas Rayfiel. Random House Trade Paperbacks.

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36. ***Postpartum Depression: Every Woman's Guide to Diagnosis, Treatment, and Prevention*** (1997) by Sharon Roan.
37. ***Conquering Postpartum Depression, a proven plan for recovery*** (2003) by Ronald Rosenberg, MD. Published by De Capo Press.
38. ***Overcoming Postpartum Depression & Anxiety*** (1998) by Linda Sebastian. Published by Addicus Books. To order call: 1-800-352-2873.
39. ***Composing Myself: A Journey Through Postpartum Depression*** (1998) by Fiona Shaw. Published by Steerforth Press, P.O. Box 70, South Royalton, VT, 05068. Hardback: (25% off & free shipping for PSI members only).
40. ***Down Came the Rain: My Journey Through Postpartum Depression*** (2005) by Brooke Shields. Published by Hyperion.
41. ***Women's Moods: What Every Woman Must Know About Hormones, the Brain, and Emotional Health*** (2000) by Deborah Sichel and Jeanne Driscoll. Published by Harper.
42. ***Infanticide: Psychosocial and Legal Perspectives on Mothers Who Kill*** (2002) by Margaret Spinelli. Published by American Psychiatric Publishing.
43. ***Rock-A-By Baby Feminism, Self-Help and Postpartum Depression*** (1996) by Verta Taylor, Ph.D., Published by Routledge.
44. ***The Ghost in the House: Motherhood, Raising Children, and Struggling with Depression*** (2006) by Tracy Thompson. Harper Collins.
45. ***Why I Jumped: My True Story of Postpartum Depression, Dramatic Rescue & Return To Hope*** 2006 by Tina Zahn. Revell.



Booklets, Brochures, & Pamphlets

To order copies of the following booklets, brochures, and pamphlets contact the publishers directly.

1. American College of Obstetricians and Gynecologists publishers Postpartum Depression. A free copy is available by telephoning ACOG at 1-800-673-8444 (members only line) or writing to ACOG Distribution Center, P.O. Box 91180, Washington, DC 20090-1180, USA. Ask for patient education pamphlet AP091.
2. Beyond Birth: What No One Ever Talks About (1997) a 17-page booklet by Dawn S. Gruen, MSW. \$200 per copy up to 50. All profits go towards counseling scholarships for PPD families. Write to: Depression After Delivery Support Groups (Washington), P.O. Box 59973, Renton, WA 98058 USA.
3. Breaking the Silence, Depression After Childbirth (1996), a 26-page booklet written at an 8th grade reading level. Send \$1.70 for a sample to The Learning Curve(Noodle Soup), 4614 Prospect Avenue, #421, Cleveland, OH, 44103-4314, USA. To order more than one call 1-800-795-9295 or 216-881-5151 or fax 216-881-7177.
4. Coping with Postpartum Disorders, Help for New Mothers and Their Families (1996) by Sandra Lowell, RN and Marcie Lister, ACSW. 15-pages. Published by W.R. Spence, M.D., Childbirth Graphics, a division of WRS Group, Inc., Waco, TX, 76702-1207.
5. International Childbirth Education Association (ICEA) publishers The New Parent: A Spectrum of Postpartum Adjustment for \$1.00 plus tax and shipping. All royalties go to the Seattle Depression After Delivery Support Group. Call 1-800-624-4934 or write to P.O. Box 20048, Minneapolis, MI 54420, USA.
6. Life After Childbirth, Making It Work For You (1997) written by the Vermont Postpartum Task Force. Each copy of this 32-page, revised fourth printing costs \$4.95 US and offers a postpartum care plan outline. Contact P.O. Box 522, Hinesburg, VT, 05461, USA.
7. Postpartum Education for Parents' brochures, The Emotional You and Helping A Spouse Through Postpartum Depression: For Fathers, Friends and Family are \$0.30 each. Send a self addressed, stamped envelope to PEP, P.O. Box 6154, Santa Barbara, CA 93160, USA, or all their Warmline 805-564-3888.
8. Downloadable brochures in English and Spanish at MedEdPPD.org



Videotapes/DVDs

1. ***Fragile Beginnings: Postpartum Mood and Anxiety Disorders*** (1993) videotape hosted by Jeanne Watson Driscoll, MS, RN, CS. 25 minutes. InJoy Productions. \$75.00 US. To order call 1-800-326-2082, fax (303)449-8788, or visit <http://www.injoyvideos.com>. (no longer being made)
2. ***Postpartum Emotions: The Blues and Beyond*** videotape with Ann Dunnewold, Ph.D. available from Family Experiences productions, P.O. Box 5879, Dept. PPE, Austin, TX, 78763, 512-494-0338. \$49.95 plus \$4.00 shipping. In English and Spanish Only in VHS
3. ***Feel Like Yourself Again: Understanding Postpartum Depression and other Mood Disorders***, VHS, DVD, 24 minutes. To order send check to: RS Productions, 35 Fisher Court, Templeton, CA, 93465, 805-434-2236, DVD or VHS \$25.00 + tax and shipping. For MC/VISA visit www.FeelLikeYourselfAgain.com
4. ***Postpartum Mood Disorders: The couples experience*** by Christina Hibbert, PsyD, 2002, 33 minutes, VHS/DVD. This video includes interviews mom and dad. To order send check to: Arizona Behavioral Health Associates, PC c/o Christina Hibbert, 710 N Beaver St, Flagstaff, AZ, 86001-3145, website: www.postpartumcouples.com
5. ***More than Baby Blues: Unmasking Postpartum Depression*** by Paraclete Press, 2003, 30 minutes, 800-451-5006, paracletepress.com.

Support Guides

1. ***Step by Step, A Guide to Organizing a Postpartum Support Network in Your Community***, Jane Honikman
2. ***I'm Listening, A Guide to Support Postpartum Families***, Jane Honikman...see handout
3. ***PSI's new guide, "How to start a support group" being presented at Conference 07***



General Motherhood Books

1. ***The Hidden Feelings of Motherhood: Coping with Stress, Depression, and Burnout*** (2001) by Kathleen Kendall-Tackett, PhD. Published by New Harbinger Pubns Inc.
2. ***Operating Instructions: A Journal of My Son's First Year*** (1994) by Anne Lamott. Published by Fawcett Book.
3. ***The Mask of Motherhood: How Becoming a Mother Changes Our Lives and Why We Never Talk About It*** (2000) by Susan Maushart. Published by Penguin.
4. ***Mothering the New Mother...Your Postpartum Resource Companion*** (1994) by Sally Placksin. Published by Newmarket Press.

Perinatal Depression Internet Resource List:

- 1) Postpartum Support International:
 - a. www.postpartum.net
 - b. Information for women in English and Spanish
 - c. Information for health care providers
 - d. Excellent Bookstore
- 2) <http://www.cdph.state.co.us/pp/womens/ppd/WebsitesforProfessionals.pdf>
- ***"Websites for Professionals on Perinatal Depression"***
 - a. Can download screening tools in English and Spanish
 - b. Fact sheets on treatments – medication and psychotherapy
 - c. "Cultural Narratives" – stories about perinatal depression from women of different backgrounds
 - d. Printable "Simple Things" poster
- 3) http://www.emedicinehealth.com/postpartum_depression/page15_em.htm
 - a. User friendly, practical medical advice
- 4) <http://www.4women.gov/faq/postpartum.htm>
- 5) or <http://www.4women.gov/espanol/preguntas/postpartum.htm>
 - a. Frequently asked questions in PDF format – English and Spanish
 - b. List of helpful resources
 - c. Maintained by federal government
- 6) National Mental Health Association
 - a. www.nmha.org
 - b. List of topics, including postpartum depression, with extensive education in English and Spanish
- 7) Motherisk Program
 - a. www.motherisk.org
 - b. Extensive database on pregnancy and medications, including herbal supplements and alternative treatments, and conditions, including depression, and their effects on pregnancy
 - c. Has hotline number to answer questions on the information above
 - d. Extremely helpful for women and clinicians
- 8) Postpartum Dads
 - a. www.postpartumdads.org
 - b. Sponsored by Postpartum Support International
 - c. Resources and "true stories" for dads whose partners have PPD

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- 9) Postpartum Fathers and Couples
 - a. www.postpartumcouples.com
 - b. More extensive information for dads and couples
 - c. Information about postpartum psychosis and anxiety

- 10) www.pregnancyanddepression.com
 - a. For physicians
 - b. Extensive list of relevant journal articles arranged by year; focus on medications during perinatal period

- 11) www.MedEdPPD.org
 - a. Website sponsored by the National Institute for Mental Health
 - b. Information for providers and women about PPD
 - c. Focus on advocacy
 - d. Includes PDF files of brochures in English and Spanish

- 12) www.depression-primarycare.org
 - a. Depression Management Toolkit
 - b. For primary care physicians

General Depression Resources:

- 1) American Academy of Family Physicians
 - a. <http://familydoctor.org/handouts/587.html>
 - b. Patient educational materials in English and Spanish

- 2) American Psychiatric Association
 - a. <http://www.healthyminds.org/postpartumdepression.cfm>
 - b. Healthy Minds page – links to info on depression and postpartum depression
 - c. Depression link takes you to a good overview of general depression
 - d. Also has links to a variety of other psychiatric illnesses

- 3) National Alliance for the Mentally Ill
 - a. www.nami.org
 - b. Great overall support for patients and families about mental illness, treatments, support, and advocacy

- 4) Depression and Bipolar Support Alliance
 - a. www.ndmda.org
 - b. Excellent website for patients – especially “Just Diagnosed?” section with information on how to create a support network, questions for your doctor, a glossary of terms, and patient stories; also excellent page on “Recovery”