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www.juneaufamilies.org

PMD Resources for Parents

BOOKS
Many of these books can be ordered through the Postpartum Support International (PSI) website: www.postpartum.net. Titles are often sold below list price. A portion of the proceeds are donated to PSI.

The Journey to Parenthood: Myths, Reality, and What Really Matters
By Diana Lynn Barnes, PsyD & Leigh G. Balber
June, 2007

Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood
By Karen Kleiman and Amy Wenzel
November, 2010

Happy Endings, New Beginnings:
Navigating Postpartum Disorders
By Susan Benjamin Feingold, PsyD
February, 2013

Life Will Never Be the Same: The Real Mom’s Postpartum Survival Guide
Ann Dunnewold, PhD and Diane Sanford, PhD
March, 2010

The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions
By Pamela S. Wiegartz, PhD and Kevin L. Gyoerkoe, PsyD
June, 2009

A Deeper Shade of Blue: A Woman’s Guide to Recognizing and Treating Depression in Her Childbearing Years
By Ruta Nonacs, MD, PhD
August, 2007

When Baby Brings the Blues: Solutions for Postpartum Depression
By Ariel Dalfen, MD
December, 2009

Women’s Moods: What Every Woman Must Know About Hormones, the Brain, and Emotional Health
By Deborah Sichel, MD and Jeanne Watson Driscoll, MS, RN, CS
December, 2000

Supermom: A Postpartum Anxiety Survival Story
By Stacey Ackerman
April, 2011

The Mommy Plan: Restoring Your Post-pregnancy Body Naturally, Using Women’s Traditional Wisdom
By Valerie Lynn
July, 2012

Internet
Postpartum Support International:
www.postpartum.net

Marcé Society:
www.marcesociety.com

National Institute of Mental Health:
www.mededppd.org

On-line Postpartum Support:
www.ppdsupportpage.com

Postpartum Dads:
www.postpartumdads.org

Blog by Katherine Stone:
www.postpartumprogress.typepad.com

The MISS Foundation:
(for families experiencing loss):
www.missfoundation.org

Phone
Alaska Emergency Services Hotline
(907) 563-3200
Trained operators providing 24-hour support and crisis counseling.

Motherisk
(416) 813-6780
Providing information about the risk or safety of medication, herbs, diseases, or chemical exposure.

Postpartum Stressline
(888) 678-2669
Trained volunteers are survivors of Perinatal Mood disorders, provide information and support.

Postpartum Support International
(800) 944-4773

National Hopeline Network
(800) 773-6667