

## Resources for Women and Families Coping with Perinatal Mood and Anxiety Disorders

### Postpartum Support International's *Chat with an Expert*:

Wednesday Chats for Women and First Monday Chats for Men

- ✓ Free, live phone sessions facilitated licensed mental health experts in resources, symptoms, options and general information about Perinatal Mood and Anxiety Disorders.
- ✓ Visit [www.postpartum.net](http://www.postpartum.net) and click on Chat with an Expert for phone call times and instructions
- ✓ Coordinators available for phone support/resources:
  - **Meeka Centimano 913.530.3837**
  - **Melissa Hoffman 785.550.6795** [melj0306@att.net](mailto:melj0306@att.net)
  - Army Support Coordinator, **Kellie Haworth 252.917.4835** [k3osborn@hotmail.com](mailto:k3osborn@hotmail.com)
  - Navy, Marines, Coast Guard Coordinator, **Val Roseberry 360.682.2346** [val.roseberry@gmail.com](mailto:val.roseberry@gmail.com)
  - Airforce Coordinator, **Krista Dent 605.415.9455** [krista.dent@yahoo.com](mailto:krista.dent@yahoo.com)

### Websites, Blogs, and Books We Recommend for You and Your Family:

Blogs and Websites:

- ✓ A top pick and favorite blog [www.postpartumprogress.typepad.com](http://www.postpartumprogress.typepad.com)
- ✓ Unexpected Blessing <http://unexpectedblessing.wordpress.com>
- ✓ Medical Information, research updates, & articles [www.mededppd.org](http://www.mededppd.org)
- ✓ For men who are experiencing symptoms [www.postpartummen.com](http://www.postpartummen.com)
- ✓ Postpartum Support International [www.postpartum.net](http://www.postpartum.net)
- ✓ Information on medication taken in pregnancy and breastfeeding [www.motherisk.org](http://www.motherisk.org)

Books:

- ✓ **Beyond the Blues: A Guide to Understanding and Treating PPD** *Indman, MFT & Bennett, PhD*
- ✓ **The Mother-to-Mother Postpartum Depression Support Book** *Sandra Poulin*
- ✓ **Postpartum Depression for Dummies** *Shoshana Bennett, PhD*
- ✓ **This Isn't What I Expected: Overcoming Postpartum Depression** *Karen Kleiman, MSW & Valerie Raskin, MD*
- ✓ **The Postpartum Husband: Practical Solutions for Living with Postpartum Depression** *by Karen Klieman, MSW*
- ✓ **Life Will Never Be The Same: The Real Mo's Postpartum Survival Guide** *by Ann Dunnewold, PhD & Diane Sanford, PhD*