

Postpartum Depression

Postpartum depression is common. If you find the transition to motherhood harder than expected or have anxiety or depression, you may benefit from attending a support group, having counseling or taking medication. Other symptoms include loss of appetite, sleep difficulties, feeling “out of control”, irritable and having difficulty bonding with your baby. Please join a support group or see your doctor for more information.

Support Groups

Good Samaritan Support Group:

Call 408-559-2000. Behavioral Health Services Mission Oaks Campus at 15891 Los Gatos-Almaden Road, 2nd floor

New Moms Mood Support Group - Wednesdays 11 am-noon

Perinatal Mood Intensive Outpatient Program – M, W, F 9 am-noon

Supporting Mamas Support Group:

<http://supportingmamas.org> - drop-in support group - 408-475-4408

Family Tree Wellness at 114 Royce St. Suite D, Los Gatos, 95030

Every Thursday from 10 to 11:30am.

Tiny Tots 138 Railway Ave, Campbell, CA - First Wednesday of the month

Dolat Bolandi

Six week Sessions – www.dolatbolandi.com

Local Counselors

Maxine Becker MFT in Cupertino (408) 609- 5197 <http://www.mfbcounseling.com>

Dolat Bolandi MFT (408) 264-0100 in Los Gatos www.dolatbolandi.com

Jessica Sorci MFT (408) 264-0100 in Willow Glen <http://jessicasorci.com>

Resources:

http://www.lowmg.com/info/ob/ob_cond/pp_dep_resources.pdf

Postpartum Support International (805) 967-7637 www.postpartum.net

Postpartum Support line (888) 773-7090

PPD Support Online www.ppdsupportpage.com

Health and Human Services www.mchb.hrsa.gov/pregnancyandbeyond/depression

Support for Dads www.postpartumdads.org The National Women’s Health Information Center <http://www.womenshealth.gov/faq/depression-pregnancy.cfm>

Massachusetts General Hospital www.womensmentalhealth.com

The March of Dimes http://www.marchofdimes.com/pnhec/188_15755.asp Depression

After Delivery, Inc. www.depressionafterdelivery.com/Home.asp

Maternal Child Health Bureau Hotline: (800) 311-2229;

www.mchlibrary.info/KnowledgePaths/kp_postpartum.html

American Academy of Family Physicians <http://familydoctor.org/379.xml>

Beyond the Blues, A Guide to Understanding and Treating Prenatal and Postpartum

Depression by S. Bennett and P. Indman, 2003 www.beyondtheblues.com (408) 255-1730

Conquering Postpartum Depression by Rosenberg, et al., 2003

This Isn’t What I Expected by K. Kleiman and V. Raskin, 1994

The Postpartum Husband by K. Kleiman, 2000

Postpartum Depression for Dummies