

Resources for Women and their Families



► Information and Referrals

- www.mhacolorado.org **1-800-456-3249**
Mental Health America of Colorado (MHAC) is a non-profit association addressing mental health and wellness issues in Colorado. A Mother's Wings is a program of MHAC started and led by two mothers who experienced postpartum depression. They maintain a list of Colorado resources for women experiencing postpartum depression, and organize mother-to-mother support groups in the Denver area.
- www.kempe.org/ppd **303-864-5845**
The Kempe Center provides information for mothers, as well as their family and friends. Kempe provides support groups in the Denver metro area and referrals to public mental health centers.
- www.mededppd.org/mothers
MedEdPPD.org contains materials for women with PPD and their friends and family members, such as an easy-to-use online diagnostic test; information about the myths and realities of PPD; experiences of real women with PPD; and answers to frequently asked questions.
Spanish available: www.mededppd.org/sp/default.asp
- www.postpartum.net **1-800-944-4773**
Postpartum Support International (PSI) offers postpartum resources for moms and families including a very helpful section for fathers, general information, a bookstore and communication forums.
Spanish available: At top of home page, select *Espanol* and click "Translate".
- www.1800ppdmoms.org **1-800-PPD-MOMS**
The PPD MOMS Project runs a free hotline that provides callers with information, support, and can connect mothers with other mothers who have experienced and recovered from postpartum depression.
Spanish Available: Interpreter provided through a language line.
- www.depressionafterdelivery.com
Depression After Delivery, Inc. provides valuable information for families coping with mental health issues associated with childbearing.
- www.womenshealth.gov/faq/postpartum.htm
This source of information from the federal government contains numerous articles about postpartum depression.
Spanish available: www.womenshealth.gov/espanol/preguntas/postpartum.htm
- www.mchb.hrsa.gov/pregnancyandbeyond/depression
This on-line booklet provides information on depression during or after pregnancy, addressing a broad range of physical and emotional struggles faced by pregnant and postpartum women and their families.



- www.marchofdimes.com/pnhec/.asp

The March of Dimes offers consumer information in English and Spanish about perinatal depression via their Pregnancy and Newborn Health Education Center.

Spanish available: www.nacersano.org

- www.mchlibrary.info/KnowledgePaths/kp_postpartum.html

The Maternal and Child Health Library at Georgetown University provides a hotline; websites; electronic and print publications; databases of data, literature, and research; and online discussion groups for healthcare professionals and families.

- www.sbpep.org

Postpartum Education for Parents offers numerous programs to help parents and families thrive with their new children.

- www.familydoctor.org

The American Academy of Family Physicians provides information about PPD, including self-care plans in English and Spanish. Click the "P" in the search box entitled "Conditions A to Z".

Spanish available:

<http://familydoctor.org/online/famdoces/home/women/pregnancy/ppd/general/379.html>

- www.hopeline.com

The Kristin Brooks Hope Center provides information on PPD and suicide and presents information on where to seek help to address the many issues of mental health.

- www.postpartumstress.com

The Postpartum Stress Center is an excellent resource center for new mothers.

- www.healthynewmoms.org

The state of Maryland hosts this website with helpful information, including resources for families.

Spanish available:

www.healthynewmoms.org/provider_resources_SpanishRev_Final.htm

► Online Discussion Groups

- www.postpartum.net/forums.html

Postpartum Support International (PSI) offers discussion boards, chat rooms, e-mail groups, and other forums for new mothers, spouses, and families to communicate.

- <http://ppsc.proboards1.com/>

The Postpartum Stress Center sponsors this collection of online discussion groups for women and their family members.

► For Dads

- www.postpartumdads.org

A web site for dads whose wives or partners have/had PPD.