



Useful Expecting, Waiting & New Parent Support Resources

Support Helpline

Postpartum Support International Helpline (800) 944-4PDD(4773)

Websites

PSI - Postpartum Support International <http://www.postpartum.net>

Postpartum Dads Support for men. <http://www.postpartumdads.org>

Suicide Prevention Lifeline Call 1-800-273-8255 for support <https://suicidepreventionlifeline.org>

Books (links to Amazon.com)

[Life Will Never Be The Same: The Real Mom's Postpartum Survival Guide](#) by A. Dunnewold, PhD

[This Isn't What I Expected](#) by K. Kleiman, MSW & V. Raskin, MD

[Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood](#) by K. Kleiman, MSW & A. Wenzel

[The Postpartum Husband: Practical Solutions for Living with Postpartum Depression](#) by K. Kleiman, MSW

[The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions and Compulsions](#) by P. Wiegartz

Articles

[Try these "Bright Ideas" with kiddos with ADHD](#) November 14, 2018 written by Julie Blackburn, LCPC, NCC, ATR

What's the Meaning of Love? Mental Health Pros Weigh In March 23, 2018 by Taylor Bennett in Thriveworks <https://thriveworks.com/blog/meaning-love-mental-health-pros-weigh-in/>

Downloadable Handouts & Brochures

[Emotional Health During & After Pregnancy](#) - Chartreuse Center brochure for community awareness of PMAD.