

National Resources

Postpartum Support International

1.800.944.4PPD (4773)

www.postpartum.net/Professionals-and-Community.aspx

Postpartum Support International provides tools about perinatal mood and anxiety disorders including a brochure, bookstore, local support list, DVD, and guidebook for developing a sustainable support network in your community.

Tools available in Spanish.

Motherisk.org

1.877.439.244

www.motherisk.org/women

Motherisk.org is supported by The Hospital for Sick Children and provides information and helplines for women and their healthcare providers on diverse pregnancy-related topics. The website is separated into a mother's website and a professional's website; however the helpline number is the same for both. Trained counselors are available by phone Monday through Friday 9 a.m. to 5 p.m. (EST) for guidance and support.

Infant Risk Center

1.806.352.2519

www.infantrisk.com or www.infantrisk.org

The Infant Risk Center, a program by Texas Tech University Health Sciences Center, is dedicated to providing up-to-date information on the use of medications during pregnancy and breastfeeding. Healthcare professionals and the public are encouraged to call Monday through Friday 8 a.m. to 5 p.m. (Central Time).

American Academy of Family Physicians (AAFP)

www.aafp.org/patient-care/nrn/studies/all/tripppd/ppd-toolkit.html

The AAFP provides tools for screening, diagnosis, and therapy as well as tools to help with follow-up calls, patient self-care and recommendations for monitoring a patient's depressive symptoms.

Massachusetts General Hospital (MGH) Center for Women's Mental Health

www.womensmentalhealth.org

The MGH Center for Women's Mental Health provides a diverse range of current information on women's mental health, including discussion of new research findings and how such investigations can inform clinical practice. Resources include a blog as well as a newsletter highlighting new research findings and the latest discussions about maternal mental health.

Postpartum Progress®

www.postpartumprogress.com

Postpartum Progress has a tab for medical providers and offers links to tool kits, guidelines, and research articles about perinatal mood disorders.

Finding Resources in Your Community

Local resources can vary from community to community. Professionals working with pregnant and postpartum women are encouraged to reach out to their community partners to identify available resources. Below are tips on how to identify local resources in your area:

Contact Your Local Public Health Agency

Your local public health agency may have information on case management programs, home visitation programs, WIC classes and other support services. Every agency has a slightly different structure. When calling the agency main number, request to be transferred to the Nursing Division or “prenatal services.” If neither of those works, request to be transferred to WIC (they may be able to navigate you). Many services and programs provided by agencies have eligibility criteria.

Reach Out to Your Local Birthing Hospitals

Local support groups and classes can frequently change, often without notice. Sometimes, the Mother and Baby or Neonatal Intensive Care Units at hospitals know of current groups or other opportunities that are happening either at the hospital or in the community. When talking with the hospital staff members, ask about all types of groups and classes as there may be resources outside of depression support that could be of use to your clients.

Connect with Your Early Childhood Council

Early childhood councils are focused on improving early childhood services across the state (including early learning; family support and education; social, emotional and mental health; and health). Councils are charged with bringing together the diverse partners needed to improve early childhood services. The councils do not provide services themselves, however, they may know of additional resources in your community and be able to provide you with more information. The councils will be most useful for postpartum resources that focus on both mom and baby.

A Guide to Validated Depression Screening Tools for Pregnant and Postpartum Women

Screening Tool	Population(s) Validated For	Available in Spanish	Link
Edinburgh Postnatal Depression Scale (EPDS)	Pregnant Women Postpartum Mothers Adolescent Mothers Fathers/Partners	Yes <i>**Additional languages are available and validated.</i>	English http://bit.ly/edinburghscale Spanish http://bit.ly/EdinburghScaleSpan
Patient Health Questionnaire (PHQ-9)	General Adult Population Pregnant Women Postpartum Mothers Adolescents	Yes	English http://bit.ly/phq9eng Spanish http://bit.ly/phq9span