• Emotional care for new families support group: Postpartum mood disorder support group for mother, partners and their families. Evergreen hospital, 12040 NE 128th, Kirkland, WA 98034 – First and third Thursdays of the month 7 to 9 pm. Contact – 425-899-3602.

• Pregnancy and postpartum mood disorder support (Seattle): Website of postpartum support international of Washington. Useful website for patients (has 24 hour peer support line, provider lists, and recommended readings) and for providers (opportunities for continuing education and links to resources for breastfeeding support and support through pregnancy / neonatal loss)

  http://ppmdsupport.com/index.html

• Support network for women with postpartum depression - PSI – Postpartum support international.

  http://www.postpartum.net/

• The website of the US Department of Health and Human Services office on women’s health has useful fact sheets:
  1. On trying to conceive, pregnancy and mental health:


  2. Depression during and after pregnancy:


  This is a 5 page fact sheet in FAQ format which could be printed out as a useful handout.

• Information from the CDC on depression among women of reproductive age, including a podcast on causes and treatments of postpartum depression.

  http://www.cdc.gov/reproductivehealth/Depression/index.htm
Depression During and After Pregnancy: A Resource for Women, Their Families, and Friends - has information for the woman and/or her family about the definition and symptoms of postpartum depression and when to seek treatment.

www.mchb.hrsa.gov/pregnancyandbeyond/depression