



Postpartum Depression Resources

Reading list and Websites

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

Support Groups and Therapists

Almaden Valley Athletic Club, 5400 Camden Avenue, San Jose 95124
Tiffany Benton (408) 264-5382 or tiff_benton@yahoo.com www.avac.us/NewMother
Pec Indman Ed.D, MFT www.pecindman.com or (408) 252-5552
Postpartum Support International Helpline (800) 944-4773 www.postpartum.net or (805) 967-7636
Postpartum Warmline (888) 773-7090
Support for Dads www.postpartumdads.org
Charlene Canger, LCSW (408) 241-8140
Sharon Storton, MA, LMFT (408) 370-7311
Susan Watkins, LCSW (408) 410-0481
Donald Goldstein, MD (650) 961-8923
Caroline Krebari, MD (650) 464-9808

24 Hour Crises Line

(408) 279-3312