



# RESOURCES

ON POSTPARTUM MENTAL HEALTH

## BOOK SUGGESTIONS

- *Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers*, Karen Kleiman
- *Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide*, Ann Dunnewold & Diane Sanford
- *This Isn't What I Expected: Overcoming Postpartum Depression*, Karen Kleiman & Valerie Davis Raskin
- *The Postpartum Husband: Practical Solutions for Living with Postpartum Depression*, Karen Kleiman
- *Dear Scarlet: The Story of my Postpartum Depression*, Teresa Wong
- Find other suggestions here: <https://www.postpartum.net/resources/psi-bookstore/>

## ONLINE RESOURCES

- Postpartum Support International: <https://www.postpartum.net/>
- Postpartum Progress: <https://postpartumprogress.com/>
- Pacific Post Partum Support Society: <http://postpartum.org/>
- Postpartum Dads: <http://postpartumdads.org/>
- Postpartum Men: <http://postpartummen.com>
- Action on Postpartum Psychosis: <https://www.app-network.org/>
- Postpartum Support Toronto: <https://www.postpartumsupporttoronto.com/> (also provides a list of perinatal therapists and counselors )
- Facebook group: Postpartum Support Toronto Solidarity Group
- Facebook page: Postpartum Support Toronto
- My YouTube channel: Geneviève Desrochers <https://bit.ly/2SWJkJU>
- Other useful links: <https://www.postpartum.net/learn-more/useful-links/>
- InfantRisk Center: <https://www.infantrisk.com/> (information about medication in pregnancy and breastfeeding)
- Mother to Baby: <https://mothertobaby.com/> (information about medication in pregnancy and breastfeeding)

## COMMUNITY RESOURCES

Your city might offer Postpartum Support Programs/Groups that are free of charges. These are great to get support and meet other parents who are experiencing challenges in the postpartum period.