



## Perinatal Mental Health Support Resources

- **Postpartum Support International**
  - Postpartum Support International warmline 1-800-944-4773
  - Postpartum Support International (PSI) “Chat with an Expert” meetings every Wednesday [www.postpartum.net](http://www.postpartum.net)
  - PSI Kansas Coordinators available for phone or email support and county specific resource lists  
Melissa Hoffman 785.550.6795 [melj0306@gmail.com](mailto:melj0306@gmail.com)  
Stephanie Young 620.897.7605 [vash\\_ii@yahoo.com](mailto:vash_ii@yahoo.com)
  - PSI online support groups in English and Spanish: Support Groups Central <http://www.supportgroupscentral.com>
  - PSI closed Facebook group
  
- **For Fathers**
  - PSI Chat with an Expert first Monday of each month [www.postpartum.net](http://www.postpartum.net)
  - Emotional support for men suffering at Postpartum Men [www.postpartummen.com](http://www.postpartummen.com)
  - Information about mood disorders: click on “Learn more” [www.postpartum.net](http://www.postpartum.net)
  - Resources for fathers: click on “family- resources for fathers” [www.postpartum.net](http://www.postpartum.net)
  - [Mayo Clinic Guide for Supporting Someone with Depression](#)
  - [Boot Camp for New Dads](#)
  
- **Spanish Resources**
  - PSI website can be translated to Spanish (top right) [www.postpartum.net](http://www.postpartum.net)
  - PSI Spanish warmline phone support 1-800-944-4773
  - PSI Spanish online support groups [www.supportgroupscentral.com](http://www.supportgroupscentral.com)
  
- **Medication Use in Pregnancy and Breastfeeding**
  - Infant Risk Center (806-352-2519 or [www.infantrisk.com](http://www.infantrisk.com))
  - Mother to Baby (866-626-6847) [www.mothersbaby.org](http://www.mothersbaby.org)
  - Mother Risk (877-439-2744)
  - Massachusetts General Hospital Women’s Mental Health [www.womensmentalhealth.org](http://www.womensmentalhealth.org)
  
- **Emergency Numbers**
  - Parent Helpline 800-332-6378
  - Suicide Prevention Hotline 800-273-8255
  - Crisis Text Line: text “HOME” to 741-741

## ❖ Recommended Websites, Books, and Podcasts

- Postpartum Support International [www.postpartum.net](http://www.postpartum.net)
- Perinatal Mental Health Alliance for Women of Color <https://www.pmhawoc.org/>
- Medical Information, research updates, & articles [www.womensmentalhealth.org](http://www.womensmentalhealth.org)
- Beyond the Blues: A Guide to Understanding and Treating PPD Indman, MFT & Bennett, PhD
- The Mother-to-Mother Postpartum Depression Support Book Sandra Poulin
- This Isn't What I Expected: Overcoming Postpartum Depression Karen Kleiman, MSW & Valerie Raskin, MD
- Dropping the Baby and Other Scary Thoughts Amy Wenzel & Karen Kleiman, MSW
- The Postpartum Husband: Practical Solutions for Living with Postpartum Depression by Karen Kleiman, MSW
- Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide by Ann Dunnewold, PhD & Diane Sanford, PhD
- The Pregnancy and Postpartum Anxiety Workbook Pamela Weight
- The Mindful Way Workbook by J. Teasdale, M. Williams and Z. Legal
- Mom and Mind Podcast by Dr. Kat <https://drkaeni.com/podcast/>