



Helping Moms After Baby is Born - Postpartum Resources

Peripartum Mood and Anxiety Disorders (PMADs) affect as many as 1 in 7 women. Chances are, someone you know has been affected by postpartum depression or one of the illnesses associated with PMADs. There IS help, and there is hope. Here are some quick, fact based resources to explore for more information:

Local Postpartum Support Groups:

- **Any Baby Can**

Holds weekly Postpartum support group (Spanish groups available too).

Cost is Free. Babies welcome. No registration required, just show up!

Every Thursday 10-12, 6207 Sheridan Ave., Austin, TX 78723;

(512) 454-3743

<http://www.anybabycan.org/programs-services/postpartum-services>

Facebook - <https://www.facebook.com/anybabycan>

- **Austin Born: “The Circle”**

Peer support group every Wednesday from 9:30-11:30am. \$15 per session or purchase a multi-pass for reduced rate. Drop-in, babies welcome.

5210 Avenue F. Austin, TX 78751

www.austin-born.com

Nicole: 512.656.3522

nicole@austin-born.com

- **Mamas for Mamas**

Support group for pregnant and postpartum women facing symptoms of depression, anxiety and obsessive-compulsive disorder

Monday, 6:30-8pm

Free, babies 0-12 months welcome

Austin Center for Therapy & Assessment

8103 Brodie Lane Suite 1

Austin, TX 78745

(we recommend entering the parking lot on Thomas Kincheon Street)

- **Moms Arising**

Moms Arising is a judgement-free peer-to-peer group offering support during pregnancy and the postpartum period. Meeting dates, time and locations are posted on the Facebook page, and often include weekdays as well as Saturdays.

<https://www.facebook.com/momsarising>

512-632-6855 stationerybakery@gmail.com

Online PPD Resources:

- **Pregnancy and Postpartum Health Alliance of Texas (PPHA)** – Lists local resources including support groups, health care providers, therapists, etc that deal with postpartum issues

<http://pphatx.org/>

Facebook - <https://www.facebook.com/pages/Pregnancy-and-Postpartum-Health-Alliance-of-Texas/222993304384815>

- **Postpartum Support International (PSI)** – Largest PPD organization offering support, encouragement and resources.

<http://www.postpartum.net/>

Facebook - <https://www.facebook.com/PostpartumSupportInternational>

The PSI Warmline is a toll-free telephone number anyone can call to get basic information, support, and resources. The Warmline messages are returned every day of the week. You are welcome to leave a confidential message any time, and one of the warmline volunteers will return your call as soon as possible. If you are not able to talk when the volunteer calls you, you can arrange another time to connect. The volunteer will give you information, encouragement, and names of resources near you.

Call the PSI Warmline at 1-800-944-4773(4PPD) -- Spanish and English

- **Postpartum Progress**

Provides information, community and hope for moms experiencing PPD

<http://www.postpartumprogress.com/>

Facebook - <https://www.facebook.com/PostpartumProgress>

- **My Postpartum Voice Blog**

Hosts #ppdchat Live Chat on Twitter every Monday at 7:30pm CST.

Provides support and encouragement from moms experiencing the same postpartum issues

<http://www.mypostpartumvoice.com/>

Facebook - <https://www.facebook.com/MyPostpartumVoice>

- **Circle of Moms**

Top 25 blogs on postpartum depression

<http://www.circleofmoms.com/top25/top-postpartum-depression-mom-blogs-2012>

- **Natural ways to help overcome postpartum depression**

<http://www.marasworld.com/natural-postpartum-depression-remedies/>

- **And for a good laugh and a good cry, one woman's adventures in parenting and postpartum anxiety:** www.BabyRabies.com

- **National Suicide Prevention Line** at 1-800-273-TALK

Local Mom/Parent Groups:

- Partners in Parenting (PIP) – Local non-profit that pairs you up with other moms in your area for a parent support group
<http://www.pipaustin.org/>
Facebook - <https://www.facebook.com/pipatx>
- You can search for new mom groups/support groups in your area on [meetup.com](https://www.meetup.com)

Things to do with Baby:

- **Austin Public Library** – Infant story times at all Austin branches (Cedar Park, Round Rock, Leander public libraries have story times as well)
[http://library.austintexas.gov/events-for-youth?field_event_loc_tid=All&term_node_tid_depth=25&field_date_value_1\[value\]\[date\]=](http://library.austintexas.gov/events-for-youth?field_event_loc_tid=All&term_node_tid_depth=25&field_date_value_1[value][date]=)
- **Free Fun in Austin** - Great weekly events calendar, with lots of options of things to do around town
<http://www.freefuninaustin.com/>

Online Parenting Forums:

- **Berkeley Parents Network** - Great online Q&A forum for all parenting topics
<http://parents.berkeley.edu/>
- **Kelly Mom** – Website created by a mom with three children that provides evidence-based info on parenting and breastfeeding topics
<http://kellymom.com/>

Books Worth Reading:

- This Isn't What I Expected: Overcoming Postpartum Depression by Karen Kleinman
- Pregnancy Blues: What Every Woman Needs to Know About Depression by Shaila Misri
- Down Comes the Rain by Brooke Shields
- The Mother to Mother Postpartum Depression Support Book by Sandra Poulin
- Sleepless Days: One Woman's Journey Through Postpartum Depression by Susan Kushner Resnick
- Postpartum Depression for Dummies by Shoshana Bennett, PhD
- The Postpartum Husband: Practical Solutions for living with Postpartum Depression by Karen Kleinman
- Perinatal and Postpartum Mood Disorders: Perspectives and Treatment Guide for the Health Care Practitioner by Susan Dowd Stone

10 Things you can do anytime, any place to cope with PPMD:

1. Step outside and get some fresh air
2. Take a walk around the block (with baby, or by yourself) even for 10 minutes
3. Have a mantra – write it down, say it every day (some examples include: I am a strong woman, My body is a miracle, It's ok to feel whatever I feel, I am a good mom, I can do this)
4. Take a shower, change your clothes, get dressed in whatever makes you feel good
5. Put on your favorite movie, watch funny videos online, anything that makes you laugh
6. Write your thoughts down - in a journal, your computer, phone, a scratch piece of paper, record your voice
7. Go online and read other moms experiences through support groups/forums (see list above)
8. Eat a healthy meal and drink a big glass of cold water
9. Turn on some music! Listen to your favorite tunes
10. Take 5 slow deep breaths, in through your nose, out through your mouth