Much More Than the “Baby Blues”
The highs and lows often experienced during pregnancy and/or after giving birth, commonly referred to as the “baby blues” (which include mood swings, anxiety, irritability, crying, sleep problems, and sadness) are usually mild and pass quickly. But, sometimes those feelings can develop into something more serious. Postpartum Depression is much more intense and lasts much longer.

Postpartum Depression can happen to anyone, regardless of:
Work Status  
Marital Status  
Number of Children  
Mental Health History.

It can happen during pregnancy, directly following birth, or even months later. As many as 80% of new mothers experience a range of highs and lows during pregnancy and/or following birth. About 20% of new mothers experience a clinical depression; left untreated, postpartum disorders can last for several months, or even years. Both men and women can experience postpartum depression. When one parent is suffering, certainly, the rest of the family suffers.

Could You Have Postpartum Depression?
Consider the following symptoms as guidelines (if experienced every day, several times a day, reach out)

Sad/Weepy  
Isolated/Lonely  
Guilt/Shame/Anger/Resentful  
Anxious/Tense  
Exhausted

Symptoms Requiring Immediate Attention:
Loss of control  
Thoughts of hurting yourself  
Thoughts of hurting your baby  
Scary fantasies  
Visual or Auditory hallucinations

Whenever you feel it is continuously difficult to cope with daily tasks and decisions, don’t hesitate to ask for some help.

24/7 Stress Line:  
Parents Helping Parents  
1-800-632-8188

Postpartum Support International  
Helpline: 1-800-944-4PPD  
www.postpartum.net

MCPAP For Moms  
855-666-6272  
www.mcpapformoms.org

The Cape & Islands Maternal Depression Task Force  
Coordinator: Mary Wilson  
508-314-4776  
marywilsonearlyedconsult@yahoo.com

A New Baby Changes Your Life in Every Way

Becoming a parent is a major change that affects every aspect of life. It is normal to feel overwhelmed, uncertain, and sensitive as you learn about motherhood, especially in the first few weeks. However, if the troubles with adjusting to your new role persist, getting information and help as soon as possible will make a big difference in your ability to cope.
COUNSELING, THERAPY & MEDICATION PRESCRIBERS
These providers have been screened by the Task Force, however this is not an exhaustive list of providers or an endorsement of any particular provider.
*Accepting MassHealth, Commonwealth Care

MSPCC - Massachusetts Society for the Prevention of Cruelty to Children*
Connecting families parent program
(In-home or at MSPCC's Falmouth, Hyannis, Orleans, or Provincetown offices)
508-775-0275

Diane Litton, LMHC
Falmouth Family Counseling, 508-548-2947

Aimee Loth Rozum, LMHC, ATR-BC
East Falmouth, 774-216-6522

Elaine Moraglia, LICSW
Mashpee, 508-269-2036

Aimee Facchini, MSW, LICSW
Barnstable, 508-360-8578

Kate McHugh, MBA, LMHC, LADC, CEAP, LSAC
Osterville, 508-540-8833

Daniel Wyatt, MD*
Hyannis, 508-775-0275

Betsey Edwards, LICSW
Marstons Mills, 508-420-1215

Ana J. Zick, LMHC
Barnstable, 774-238-2777 (Spanish services as well)

Ann Marie Muller, LMHC*
Psychiatric Collaborative (medication prescribers)
Brewster/W. Yarmouth, 508-240-7964 x219

Carol Nickerson, LICSW
Chatham, 508-432-5640

Mary Wright, RNCS
Eastham, 617-686-2295 (provider and prescriber)

Martha’s Vineyard Hospital
508-696-7294 (info. about therapists, prescribers and other services)

Nantucket
Nancy Rappaport, LMHC 508-783-8841
Hannah-Marah Severns, Psychiatric N.P. 508-825-1340

Deborah Issokson, Psy.D.
Pembroke, 617-314-9571 www.reproheart.com

Margaret Howard, PhD.
Women and Infants Day Hospital
Providence R.I., 401-274-1122
(offer a day program for postpartum depression that includes baby)

Dr Dina BenDavid
Primary Care/Women’s Health Greater New Bedford
Community Health Center 508-922-6553

Arbour Counseling Services*
Home based assessments/therapy available throughout Cape, all Masshealth products accepted. Office based therapy and medication management also available. 774-470-2294

NON-THERAPEUTIC SOURCES OF SUPPORT

Free Mom and Baby Groups
Cape Cod Hospital, Lorusso Conference Center Fridays 10-12
Contact Ann Macdonald
508-862-5123

Cape Cod Healthy Families & Young Parent Services
Home visiting programs providing education and support for young moms, dads and children under age 24, 508-540-2968

SELECTED LITERATURE

A Deeper Shade of Blue: A Woman’s Guide to Recognizing and Treating Depression in Her Childbearing Years
by Ruta Nonacs

Down Came the Rain: My Journey Through Postpartum Depression
by Brooke Shields

Operating Instructions: A Journal of My Son’s First Year
by Annie Lamott

This Isn’t What I Expected: Overcoming Postpartum Depression
by Karen Kleiman & Valerie Raskin

Medication and Mother’s Milk
by Thomas Hale (http://neonatal.ttuhs.edu/lact/index.html)
(Note: The author’s website includes information about medications and breastfeeding)

OTHER ASSISTANCE

Early Childhood Programs for Families with Prenatal-School Age Children
State-funded programs through MA Dept. of Early Education, playgroups, parent education classes and support groups.

Barnstable, Dennis & Yarmouth: Mid Cape CFCE 508-398-7664

Sandwich: Sandwich Partnership for Families 508-477-6600x132

Upper Cape: Coalition for Children 508-548-0151 x172
Mashpee CFCE 508-539-1520
Bourne CFCE 508-790-0660

Lower/Outer Cape:
Cape Cod Children’s Place 508-240-3310

Martha’s Vineyard:
MV Community Services, the Family Network 508-693-7900 x288

Nantucket:
Nantucket Community School, Early Childhood Education 508-229-7285 x1166

CCCD/Early Intervention for Families with Children Birth- Age 3
Services for families with children who have developmental delays or disabilities or who are at risk for these 800-974-8860 x450

Child Care Network of the Cape & Islands
Free info. and referral services about licensed and legally operating child care providers and financial assistance 888-530-2430 or 508-778-9470

Community Action Committee of Cape Cod & the Islands
A variety of assistance including housing and health insurance enrollment 800-845-1999 or 508-771-1727

Family Support Information Line (Cape & Islands)
A free, confidential info. and referral service for families needing help finding resources 508-771-4336

WIC (Women, Infants, and Children) on Cape Cod
A variety of nutritional and support services for pregnant or breastfeeding women and children age 5 or younger 800-942-2445 or 508-771-7896 (Hyannis)