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.

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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.
Ongoing Parenting Support Groups

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

Cape Behavioral Health Center*
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

Support & Healing for New Moms: Contact Suzan
Schar, RNC: sschar@capecodhealth.org

Heal Like a Mother Support Group: Contact Erin
Soderstrom (Mom and Survivor): www.heallikeamother.com

Cape Cod Healthy Families Home visiting programs
providing education and support for young moms, dads and
children age 20 and under. 508-540-2968

Mom-To-Mom Contact: Erin Soderstrom (Mom and
Survivor): 508-317-0467 erinlsoderstrom@gmail.com

Postpartum Doulas

Krista Sullivan/Birth & Postpartum Doula
Monumental Beginnings Doula
www.monumentalbegunningsdoula.com

Shannon Outhchunis
Cape Cod Baby
https://www.capecod.baby/

Erinn Bray
By Your Side Doula
Erinnbyyourside@gmail.com

Medication Information

1. Medication and Mother’s Milk
by Thomas Hale (https://www.meds milk.com) Note: The
author's website includes information about medications and
breastfeeding)
2. lactmed@nih.gov
3. The Infant Risk Center: 806-352-2519

OTHER ASSISTANCE

Early Childhood Programs for Families with
Prenatal-School Age Children
State-funded programs through MA Dept. of Early Education,
Baby groups, Playgroups, Parenting Classes and support groups.

Barnstable:
Barnstable CFCE: barnstable CFCE 123@gmail.com
Dennis & Yarmouth:
ME Small Elementary School: D-Y CFCE
508-778-7988 x4

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

Upper Cape:
Coalition for Children
Falmouth & Mashpee
508-548-0151 x172
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
508-228-7285 x1166

KDC/Early Intervention/Children Birth - Age 3
Services for families with children who have developmental
delays or disabilities or who are at risk for these
508-418-5521

Child Care Network of the Cape & Islands
Free info. and referral services about licensed and legally oper-
ating 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 508-771-7986 (Hyannis)