

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?

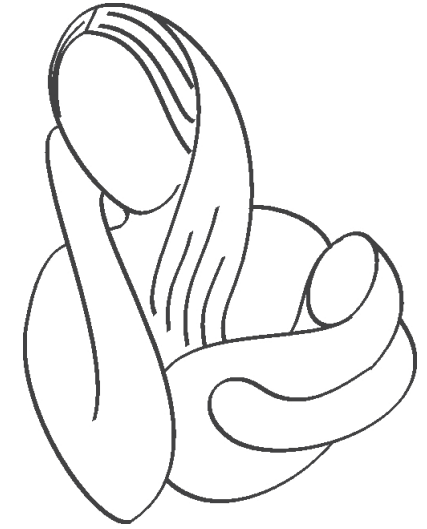
Consider the following symptoms as guidelines (if experienced every day, several times a day, reach out)

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

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

Daniel Wyatt, MD*

Lower Cape: 508-349-3131

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

Kathleen Shine O'Brien, MA, LMHC

Sandwich, 508-274-4018

Enlightened Interventions, LLC*

Mashpee, Abigail Kelley-617-688-9920

Deborah Issokson, Psy.D.

Pembroke, 617-314-9571 www.reproheart.com

Martha's Vineyard Hospital

508-696-7294 (info. about therapists, prescribers and other services)

Nantucket

Nancy Rappaport, LMHC 508-783-8841

Christine Smith, LICSW 508-680-6974

Nantucketfamilycounseling.com

Margaret Howard, PhD.

Women and Infants Day Hospital

Providence R.I.,

401-274-1122

Dr Dina 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

New Mom Group-Falmouth Residents: Contact

Catherine Roy, IBCLC :

catherine@capecodlactationsupport.com

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 25 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.monumentalbeginningsdoula.com

Shannon Outchcunis

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.medsmilk.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: barnstablecfce123@gmail.com

Dennis & Yarmouth:

ME Small Elementary School: D-Y CFCE

508-778-7988x4

Sandwich:

Sandwich Partnership for Families 508-477-6600x132

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 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 assistances 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)