



Postpartum Depression Resources

Alberta Home Visitation
Network Association

“Ensuring the Quality, Accountability and Sustainability of Home Visitation Programs”

Alberta Health Services	www.albertahealthservices.ca
Canadian Mental Health Association Calgary Region	www.cmha.calgary.ab.ca
Canadian Mental Health Association Edmonton Region	www.cmha-edmonton.ab.ca
Government of Alberta	www.child.gov.ab.ca
Mother Reach	www.helpformom.ca
Pacific Post Partum Support Society	www.postpartum.org
Pardon My Postpartum	www.pardonmypostpartum.com
Parent Links Centres	www.parentlinkalberta.ca
Postpartum Dads	www.postpartumdads.org
Postpartum Depression Awareness	www.ppda.ca
Postpartum Depression Support International	http://postpartum.net
Psychology Today: Notes on healing postpartum depression	
The Mayo Clinic	www.mayoclinic.com/health/postpartum-depression
The Postpartum Stress Centre	www.postpartumstress.com
The Smiling Mask	www.thesmilingmask.com
Women's Health	www.womenshealth.gov/FAQ/depression-pregnancy

Books

Dix, C. (1985). *The New Mother Syndrome: Coping with postpartum stress and depression*. Doubleday, New York, NY.

Kleinman, K. & Raskin, V. (1994). *This isn't what I expected: Overcoming postpartum depression*. Bantam Books, New York.

Misri, S. (2002). *Shouldn't I be Happy: Emotional problems of postpartum women*. Simon and Schuster, New York, NY.

Placksin, S. (2000). *Mothering the New Mother: Women's feelings and needs after childbirth: A support and resource guide*. (2nd Ed). Newmarket Press, New York, NY.

The Pacific Postpartum Support Society of Vancouver. (7th edition, 2011) *Postpartum Depression and Anxiety: A self-help guide for mothers*.

Sunneward, A. & Sandford, D. (1994). *Postpartum Survival Guide: It wasn't supposed to be like this*. New Harbinger Publications.

This list is a sample of the resources that are available to families experiencing perinatal mood disorders.