

Treatment

- ✓ Increase support from those around you. This may be your spouse/partner, family, friends, church or babysitters.
- ✓ Talk to your OB/GYN or your baby's pediatrician right away. The sooner you ask for help, the sooner you'll begin to feel better.
- ✓ Ask for a list of referrals for specialists in women's mood disorders. This may include psychiatrists or therapists.
- ✓ Let someone else watch your baby so you can get a break.
- ✓ Be sure your doctor considers other medical causes of depression, such as thyroid imbalances.
- ✓ Consider attending a support group for women with postpartum depression.



Local Treatment Resources

The Postpartum Depression Support Group:

Mom's - T.E.A.R.S.
(Treatment, Education, Advocacy, Resources, Support.)

At Millard Fillmore Suburban Hospital

2nd Thursday of the month – FREE.
Please call (716) 568-3628 to register.

Educational Resources/References

Millard Fillmore Suburban Hospital Childbirth Education Department

(716)-568-3628
www.kaleidahealth.org/childbirth

The Postpartum Resource Center of New York, Inc.

Toll Free Helpline 1-855-631-0001
(631)-422-2255
www.postpartumny.org

Postpartum Support International

www.postpartum.net
warmline: 1-800-944-4PPD (4773)
(telephone support)

Postpartum Depression Support Helpline

1-800-773-6667

Father's Website

www.postpartumdads.org

*You are not alone.
You are not to blame.
With help, you will be well.*



Cover: artist Annette Darling

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Please ask your care team.

Spanish

ATENCIÓN: Si habla español, los servicios de asistencia lingüística están disponibles, de forma gratuita, para usted. Por favor, pregunte a su equipo de atención.

Arabic/Sudanese

تنبيه: إذا كنت تتحدث العربية، فسوف تتوفر لك خدمات مساعدة لغوية مجاناً. يرجى أن تسأل فريق العناية الخاص بك.

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Pregnancy and Postpartum Mood Disorders

