



*Palo Alto Medical
Foundation*

A Sutter Health Affiliate

Resources for Postpartum Support

Organizations

Postpartum Support International (www.postpartum.net)

Provides telephone support (800-944-4773) and an international directory of members.

Mass. General Hospital Center for Women's Mental Health (www.womensmentalhealth.org)

Postpartum Support Page (www.ppdsupportpage.com)

Provides online information, support and assistance to those dealing with postpartum mood disorders, as well as their families, friends, physicians and counselors.

Bay Area Postpartum Depression Stress Line (1-888-678-2669; toll free, San Francisco Bay Area)

Lines are open daily from 9 a.m. to 9 p.m. Leave a message and a trained volunteer will promptly return your call.

Individual Counseling

PAMF's Department of Psychiatry (650-853-2904)

Julie Graham, Psy.D., licensed psychologist, Palo Alto, (650-328-3022)

Elizabeth Eastman, LCSW, Palo Alto (650-283-6814)

Shoshana Bennett, Ph.D., licensed psychologist, Danville (925-735-3099; phone consults available)

(www.postpartumdepressionhelp.com)

Jacki Silber, LMFT, Sequoia Counseling Services, Redwood City (650-363-0383, x119)

(www.postpartumdepressionhelp.net)

Sharon Storton, LMFT, Campbell (408-370-7311)

Postpartum Therapy Groups, Parent Education and Support

Parents Place, Palo Alto (www.parentsplaceonline.org) (650-688-3040)

Day One, Palo Alto (www.dayonecenter.com) (650-322-3291)

Recommended Books

Mother Nurture, R. Hanson, J. Hanson, R. Pollycove, 2002

Beyond the Blues, A Guide to Understanding and Treating Prenatal and Postpartum Depression, S. Bennett and P. Indman, 2003 (www.beyondtheblues.com)

Down Came the Rain, Brooke Shields, 2005

The Hidden Feelings of Motherhood, Kathleen Kendall-Tackett

Postpartum Survival Guide, A. Dunnewold and D. Sanford, 1994

This Isn't What I Expected, K. Kleiman and V. Raskin, 1994

The Postpartum Husband, K. Kleiman, 2000

*Please note that a listing in this handout does not imply endorsement by PAMF. We encourage you to check with your physician and with your local hospital for advice and additional resources.

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