



Beyond Baby Blues

A Mother's Guide to Perinatal Depression and Anxiety

There are many changes that can occur during your pregnancy and after delivery. Some women experience mild “baby blues,” while others can develop depression, anxiety, low mood, obsessive-compulsive thoughts or psychosis.

Although many moms-to-be don’t think that they are at risk for these conditions, approximately 15 to 20 percent of all women experience some form of pregnancy-related depression or anxiety. If this happens to you, it is important to know that you are not alone, and that VCU Health is here to help.

Symptoms of perinatal depression (PPD) and anxiety might include:

- Feelings of extreme sadness, anger or irritability
- Lack of interest in your baby
- Loss of appetite
- Sleeping too much or not at all
- Fatigue or apathy
- Feelings of hopelessness, guilt and shame
- Poor concentration
- Persistent anxiety
- Serious thoughts of death or suicide

If you experience any of these symptoms, it is very important that you talk to your doctor, midwife or any member of your health care team immediately about what you are feeling.

Resource Guide for Perinatal Depression and Anxiety

There are many resources available to support you on your journey of becoming a parent. This list includes both local and national resources to help mothers and families who may be suffering from perinatal depression and need additional support.

This guide provides phone numbers and links to websites maintained by other entities. References to any entity, product, service or source of information that may be contained in this list should not be considered an endorsement.



If You Are In Crisis

If you are thinking of harming yourself or your baby, please get help right away. The resources below will connect you immediately with someone who can help.

National Suicide Prevention Lifeline

1-800-273-8255

[suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)

(se habla Español)

Crisis Text Line

Provides free consultations with trained crisis counselors.

Text: 741741

Emergency Police

911

Local Community Service Boards:

Chesterfield County Mental Health

24-hour crisis line

(804) 748-6356

Goochland County Mental Health

24-hour crisis line

(804) 556-3716

Hanover County Mental Health

24-hour crisis line

(804) 365-4200

Henrico County Mental Health

24-hour crisis line

(804) 727-8484 (se habla Español)

Powhatan County Mental Health

24-hour crisis line

(804) 598-2697

Richmond Behavioral Health Authority

24-hour crisis line

(804) 819-4100 (se habla Español)

Postpartum Depression and Anxiety Resources

Getting Better Together: Postpartum Support Group for Moms

Provides peer support for moms who may be experiencing depression or anxiety during their transition to motherhood.

vcuhealth.org/postpartumsupport

Mind Body Pregnancy

Simplifies the scientific information available on topics of mental health in the important life milestone of pregnancy, the postpartum period and related events.

mindbodypregnancy.com

Online Postpartum Mood Disorder Support Group

An online support group for women who are experiencing mood disorders after giving birth or adopting a baby.

ppdsupportpage.com

Partners to Parents

Provides practical tips for new parents and parents-to-be, to help you support one another and reduce your chance of experiencing depression and anxiety.

partnerstoparents.org

The Period of PURPLE Crying®

Helps parents understand, rather than become frustrated, that baby's crying is a temporary, normal part of every infant's development.

purplecrying.info

Postpartum Support International

Connects moms, dads and families suffering from the effects of mom's PPD and anxiety with local resources, including counselors, to start on the road to recovery.

1-800-944-4773 (se habla Español)

postpartum.net

"Chat With an Expert"

PSI hosts free weekly live phone sessions, including Wednesday chats for moms.

postpartum.net/chat-with-an-expert

Chat Number: 1-800-944-8766

Participant Code: 73162

Postpartum Support Virginia

Helps childbearing women in Virginia receive information about PPD and anxiety disorders. (703) 829-7152

postpartumva.org

Solace for Mothers

Provides support for women who have experienced childbirth as traumatic.

solaceformothers.org

VCU Medical Center

Department of Psychiatry

Provides mental health services for women suffering from PPD and anxiety.

(804) 828-2000, option 2

VCU Medical Center

Peripartum Mental Health Clinic

Integrates psychiatric care, social work, and obstetrics care for expectant patients and new moms with complex maternal mental health needs.

vcuhealth.org

(search for Peripartum Clinic)

Resources for Fathers and Male Partners

Postpartum Dads

Offers information and resources to help fathers by providing firsthand guidance through the experience of PPD and anxiety.

postpartumdads.org

Postpartum Support International

A free call-in forum for dads to get information and support on PPD and anxiety.

postpartum.net/get-help/resources-for-fathers

“Chat With an Expert”

PSI hosts free weekly live phone sessions, including chats for dads, on the first Monday of each month.

postpartum.net/chat-with-an-expert

Chat Number: 1-800-944-8766

Participant Code: 73162

Help at Home

Healthy Families Virginia

Connects families across the state with supportive home visits designed to work with overburdened families who may be experiencing mental health issues. Services may begin prenatally or right after the birth of a baby, and are offered voluntarily, intensively and for up to five years after the birth of the baby. Accepts Medicaid.

connectva.org/programs/healthy-families-virginia/

Pink Newborn Services

A nationwide placement service of newborn care specialists, overnight newborn care and night nannies, postpartum doulas, certified lactation counselors, sleep specialists, maternity and child sleep consultants, certified eco-maternity and greenproof consultants, parenting educators, and nannies.

(877) 456-7465

pinknewbornservices.com

Postpartum Doulas

A postpartum doula provides evidence-based information about infant feeding, emotional and physical recovery from birth, mother-baby bonding, infant soothing, and basic newborn care. A postpartum doula is there to help a new family in those first days and weeks after bringing baby home.

doulamatch.net or richmonddoulas.org

Urban Baby Beginnings Program

Provides home support, education, prenatal and postpartum resources to families in the underserved communities. Accepts Medicaid.

(833) 782-2229 ext. 800

urbanbabybeginnings.org

Grief and Loss

Full Circle Grief Center

Provides comprehensive, professional grief support for children, adults, families and communities, integrating a variety of creative ways for them to express their grief, such as art, writing, play therapy, crafting, music and photography. Located in Richmond.

fullcirclegc.org

MISS Foundation

A volunteer-based organization providing counseling, advocacy, research and education services to families experiencing the death of a child. Offers a listing of grief counselors by city and state.

missfoundation.org

StillBirthDay

Includes resources to support pregnancy loss prior to, during and after birth in any trimester. Provides a listing of still birth doulas by state.

stillbirthday.com

The Compassionate Friends

Hosts local chapter meetings to provide grief support, in a group setting, for families that have experienced the death of a child.

compassionatefriends.org

Support for Military Families

Give an Hour

Provides free mental health care to military families.

giveanhour.org

Operation Special Delivery

Provides birth doula services to military personnel and their families at a discounted rate.

operationspecialdelivery.com

Vets4Warriors

Provides 24/7 confidential, stigma-free peer support by veterans to active duty, National Guard and reserve service members, veterans, retirees and their families or caregivers.

(855) 838-8255

vets4warriors.com



Intensive Treatment Centers

These intensive, inpatient treatment centers support women suffering from severe psychiatric issues surrounding pregnancy and birth. The treatment centers provide teams of doctors, nurses, psychologists, social workers and other therapists who work together to create individualized treatment plans.

UNC Center for Women’s Mood Disorders, Perinatal Psychiatry Inpatient Unit

Chapel Hill, North Carolina
(984) 974-3834

[med.unc.edu/psych/
wmd/patient_care/perinatal-inpatient/](https://med.unc.edu/psych/wmd/patient_care/perinatal-inpatient/)

Pine Rest Mother-Baby Program

Grand Rapids, Michigan
1-800-678-5500

[pinterest.org/services/mother-baby-program-
postpartum-depression-treatment](https://pinterest.org/services/mother-baby-program-postpartum-depression-treatment)

Women and Infants, Care New England

Providence, Rhode Island
(401) 453-7955 (se habla Español)

[womenandinfants.org/services/behavioral-
health/index.cfm](https://womenandinfants.org/services/behavioral-health/index.cfm)

Videos: Real Moms Share Their Struggles with Postpartum Depression and Anxiety

Let's Talk About Postpartum Depression – Lisa Abramson – Tedx SantaCatalina School
[youtube.com/watch?v=6glBDRZUAM0](https://www.youtube.com/watch?v=6glBDRZUAM0)

Moms Talk About Their Postpartum Depression and Anxiety
[youtube.com/watch?v=V64PqXKs02g](https://www.youtube.com/watch?v=V64PqXKs02g)

Books

Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression
by Shoshana S. Bennett, Ph.D. and Pec Indman, EdD, MFT

Down Came the Rain: My Journey Through Postpartum Depression
by Brooke Shields

Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood
by Karen Kleiman and Amy Wenzel

Eyes Without Sparkle: A Journey Through Postnatal Illness
by Elaine A. Hanzak

The Ghost in the House: Motherhood, Raising Children, and Struggling with Depression
by Tracy Thompson

Happy Endings, New Beginnings: Navigating Postpartum Disorders
by Susan Benjamin Feingold, PsyD

Mommy Deconstructed: A Postpartum Depression and Anxiety Recovery Guide
by Christina L. Vanneste

The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived Through It and Recovered
by Sandra Poulin

Post Partum Depression and Anxiety: A Self-Help Guide for Mothers
by Pacific Post Partum Support Society

Postnatal Depression – The Essential Guide
by Catherine Burrows

This Isn't What I Expected: Overcoming Postpartum Depression (Second Edition)
by Karen Kleiman, MSW, LCSW and Valerie Davis Raskin, M.D.

When Baby Brings the Blues: Solutions for Postpartum Depression
by Ariel Dalfen, M.D.