

RESOURCE & REFERRAL GUIDE

Help for the emotional experience of pregnancy and the postpartum period

Many women have lots of feelings during pregnancy and the year after a baby is born. Being a mother is a hard job. Having support and help can make things go better. All mothers and new families deserve lots of help. You do too! Call Crisis Services (see below) or visit the emergency room if you are in an urgent situation. It's a good time to call Crisis Services if you are afraid to be alone or are concerned about your safety or the safety of your children.

SUPPORT GROUPS

Motherhood can be surprising in many ways. Come meet other mothers and talk about being a mom.

Holyoke Medical Center Postpartum Support Group

Tuesdays, 1:00pm-2:30pm at Midwifery Care of Holyoke. Contact Lisa Pack-Miller at the Birthing Center at (413) 534-2700. *MotherWoman trained facilitator.*

MotherWoman Postpartum Group: This Is Harder Than I Thought

For women experiencing a challenging postpartum time. Expectant mothers welcome. Tuesdays, 10:15am-12:15am. Vernon Street Building, Vernon St, Northampton. Free childcare. Contact Annette Cycon at (413) 253-8990. *MotherWoman trained facilitators.*

Beyond Birth

A weekly gathering for new parents and their babies. Thursdays from 1-3pm in the Childbirth Center, Cooley Dickinson Hospital, Northampton. Open to all. Contact Maria Curtin-McKenna at (413) 582-2736.

Berkshire Children and Families Support Group

Childcare and limited transportation provided. Contact Gail Fries at (413) 584-5690.

Cradle

Classes and workshops that provide guidance, support, and education for new parents. Thornes Marketplace, Northampton. (413) 341-5282. Cradlefamily.com. See online for full schedule.

Empty Arms Support Group

For parents grieving infant and pregnancy loss. 4th Wednesday of every month at 7pm, Conference Room D at Cooley Dickinson Hospital. Contact Carol McMurrich and Greg Reynolds at (413) 529-1610 or carolmcmurrich@comcast.net

Mothers of Color Awareness Initiative (MOCAL)

Women of Color Circle Times

Tuesdays 7:30-9:00pm. Free, ongoing drop-in circle for all women of color, not just mothers. Expectant mothers and babies in arms are welcome. Support, community, and a place to be heard free of judgment and advice. MotherWoman Office, 96 North Pleasant Street, Suite 202, Amherst. Also every 3rd Saturday 9:30-11:30 am. Social mingle, snacks, and seasonal craft for children of all ages. At the Forbes Library, Northampton. Contact director Bessie Jones at mocagroup@gmail.com *MotherWoman trained facilitator.*

MotherWoman Group: Getting Real About Motherhood

Community, diversity, self-discovery. Share laughter and tears. Be inspired. It's all here. Expectant mothers welcome. Wednesdays, 10:00-11:30am at the Amherst Family Center. Free childcare. Also Mondays 10:00-11:30am at the Quaker Meeting House, 43 Center Street, second floor, Northampton. Contact Annette Cycon at (413) 253-8990. *MotherWoman trained facilitators.*

Share Bereavement Group

For those who have had a miscarriage, stillbirth or baby loss. Held on the 2nd Wednesday of the month at 7:30pm, Baystate Medical Center Ambulatory Building. Contact Joanne at (413) 562-1731

ONLINE SUPPORT

There are many resources online for mothers. This is a wonderful way to get support when you can't leave the house, in the middle of the night, or for those of us who would rather have online contact.

Postpartum Support International www.postpartum.net

Information for mothers, family and professionals. There is a PSI weekly Phone Chat with an expert.

Postpartum Progress postpartumprogress.typepad.com

The most widely-read blog in the United States on postpartum depression, postpartum OCD, antepartum depression, postpartum PTSD and postpartum psychosis.

The Online PPD Support Group

www.ppdsupportpage.com
PPD Support Group plus forums on different topics, information and resources.

AT HOME SUPPORT

In the days and months after a baby is born, all mothers need help and support. It's okay to ask for help from family, friends and your community. It's okay to ask for more help.

Green River Doula Network www.greenriverdoulas.org

A postpartum doula provides services and support in the home to help facilitate a warm and nurturing experience for the entire family.

PHONE SUPPORT

Call someone when you need support at home. The people at these numbers can listen to you on the phone, as well as refer you to other resources.

PPDMoms Hotline **(800) PPDMOMS or** **(800) 773-6667**

Available support 24 hours a day, 7 days a week. For moms and their loved ones. Support, information and referrals.

Parental Stress Line **(800) 632-8188**

A statewide warmline that is available 24 hours a day, 7 days a week; staffed by trained volunteer counselors who are sympathetic and non-judgmental.

Postpartum Support International of Massachusetts Warmline **(866) 472-1897**

Confidential information, support and listings of local resources. Leave a message and a volunteer will get back to you within 24 hours.

CRISIS SERVICES

Call if you are in crisis and need immediate support and assistance. It's a good time to call Crisis Services if you have not slept in over 48 hours, are afraid to be alone or are concerned about your safety or the safety of your child/ren.

All of the following Crisis Services offer 24 hour psychiatric assessment. They all accept Commonwealth Care, Mass Health and uninsured.

BHN Psychiatric Crisis Services

Home based visits available. Hamden County and surrounding communities: (413) 733-6661

Franklin County Crisis Services

Franklin County: (413) 774-5411, (800) 562-0112

Crisis Services of Hampshire County

Hampshire County: (413) 586-5555

Westfield Crisis

West Springfield, Agawam, Westfield, Hilltowns: (413) 568-6386

SOCIAL OPPORTUNITIES

Take care of yourself by connecting with other people. Get out of the house several times a week. Go to a group and meet new people.

Parenting Resource Directory www.parentingdirectory.org

An extensive community resource guide for families; online and at libraries and other locations. Information on Family Centers, Housing, Medical and Food assistance, and social activities.

RESOURCES FOR YOUNG MOTHERS

Being a young mother can be challenging and stressful. There are resources available for you.

Healthy Families

A home visiting program for first time parents under the age of 21.

- Holyoke Healthy Families contact Angie Morrell (413) 532-9446 at MSPCC
- Springfield Healthy Families contact Mary Benedetti, (413) 734-4978 at MSPCC
- Hampshire Healthy Families Berkshire Children and Families Healthy Families Program; contact Gail Fries, (413) 584-5690
- Franklin Healthy Families contact Sandy Clark at Community Action (413) 774-2318

SELECTED LITERATURE

for Mothers and others who care

A Daughter's Touch: A Journey of a Mother Trying to Come to Terms with Postpartum Depression

by Sylvia Lasalandra

Down Came the Rain: My Journey Through Postpartum Depression

by Brooke Shields

The Mother-to-Mother Postpartum Depression Support Book

by Sandra Poulin

Pregnant on Prozac

Shoshana Bennett, Ph.D
Safety regarding medication and alternative treatments in pregnancy for depression, anxiety, bipolar

disorder and other mood issues are thoroughly discussed.

This Isn't What I Expected: Overcoming Postpartum Depression

by Karen Kleiman & Valerie Raskin

COUNSELING AND THERAPY

How do I know if I need therapy? Being a mother is a tough job. It's OK to ask for help. Ask questions and share your concerns.

The following care providers specialize in postpartum care. This is not an exhaustive list of providers nor an endorsement of any particular provider. When seeking support we recommend that you consult your primary care physician, obstetrician/midwife and/or pediatrician.

For most providers, you will leave a message and there will be an unknown delay before you are able to speak with the person directly.

ServiceNet Outpatient Mental Health Clinic

Northampton: (413) 584-6855

Counseling and Gynecology Group

East Longmeadow: (413) 567-9355
Jennifer Fleming, Tiana Marpa, Dr. Max Chorowski;

Mary Hunter Kratt, LMHC, NCC

Greenfield: (413) 774-7720

Kathleen O'Kane, LICSW

Hadley: (413) 584 3929

Michelle Kaskey, APRN, BC

Northampton: (413) 586-3319

Ellen Bollier, RN, CS, APRN

Northampton: (413) 584-8993

Kelly Gordon, LMHC, art therapist

Westhampton: (413) 262-4532
Home visits available.

Peggy Perri, Ed.D., APRN BC

Greenfield: (413) 575-9561

WHAT TO ASK WHEN YOU CALL:

- Do you accept my insurance? (private, MassHealth, Commonwealth Care)
- What special experience or training do you have in postpartum emotional issues?
- Do you speak my language? (e.g. Spanish)
- Are you available in emergencies?
- What are your hours? Your address? Parking? Bus stop?
- How soon can I get an appointment?
- Are you able to prescribe medication if needed?

Andrea Reber, LICSW

Northampton: (413) 584-3556

Paul Shore-Suslowitz, EDD

Longmeadow: (413) 567-9993 ext. 12

Nicole Stevens, LICSW

Northampton: (413) 320-1108

Rachel Zamore, MA

Brattleboro, VT: (802) 258-7014
www.brattleborotherapy.com

Windhorse Associates

Northampton: (413) 586-0207

Paula Shulman, LMFT, MS.Ed, MA

(413) 230-9642
West Springfield: (413) 737-4719, ext. 117

MEDICATION PRESCRIBERS

How do I know if I need medication or if it's the right thing for me? Share your experience and history. Ask questions and share your concerns.

Elizabeth Bertuch, MS, APRN, BC, PC

Holyoke, Longmeadow:
(413) 532-6777

Dr. Tasha Farrar

Brattleboro Retreat Outpatient Clinic
Brattleboro, VT: (802) 258-3707

Michelle Kaskey, APRN, BC

Northampton: (413) 586-3319

Ellen Bollier, RN, CS, APRN

Northampton: (413) 584-8993

ServiceNet Outpatient Mental Health Clinic

Northampton: (413) 584-6855

Counseling and Gynecology Group

Dr. Max Chorowski
East Longmeadow: (413) 567-9355

Peggy Perri, Ed.D., APRN BC

Greenfield: (413) 575-9561

Leslie Fishbein, MD

Berkshire Medical Center
Pittsfield: (413) 447-2216

COMPLEMENTARY THERAPY

There are many types of therapies that can be supportive and helpful during this period. The following people specialize in women's care.

Free Weekly Auricular Acupuncture Clinic

Mondays 4:30 – 6pm; Quaker Space, 43 Center St., Northampton.
www.freedom-center.org

Mindi Palmer Fried,

Chiropractic care
Easthampton: (413) 527-0207

Kat Lovell

Hypnotherapy
Northampton: (774) 200-0492

Amy Mager

Acupuncture
Florence, East Longmeadow:
(413) 222-8616
www.magerhealing.com

Sharon Weizenbaum

Acupuncture
Amherst: (413) 549-4021

Jennifer Tongren

Acupuncture
Amherst: (413) 230-4400

Sam's Gentle Hands

Perinatal Massage
Greenfield: (413) 774-7365

Kristin Bernard

Craniosacral therapist
(978) 544-5748

Barbara Weinberg, Lic. Ac., ADS, RN, BSN

Northampton, Leverett:
(413) 549-6405

SELECTED LITERATURE FOR PARTNERS

How do I help my loved one get through this difficult time? How do I get through it too? Learn more, ask questions and contact any of the resources above. While these books are geared towards fathers, they would be appropriate for all parenting partners and family members.

She's Had a Baby and Now I'm Having a Meltdown: What Every New Father Needs to Know About Marriage, Sex & Diapers

by James Douglas Barron

Postpartum Husband: Practical Solutions for Living with Postpartum Depression

by Karen Kleinman, MSW