

HEALTH CARE PROVIDERS' RESOURCE & REFERRAL GUIDE

Perinatal Emotional Complications

COMPILED BY THE PREGNANCY AND POSTPARTUM SUPPORT COALITION OF WESTERN MASSACHUSETTS

Perinatal emotional complications (PEC) are more common than preeclampsia, gestational diabetes, and preterm delivery. While postpartum psychosis is rare, postpartum depression is extremely common; it is estimated that it impacts 10% of all mothers.

It is appropriate to screen every mother for PEC and inform her about the risk factors, symptoms and resources available for her.

The resources listed below are appropriate for all health care providers who serve women during the perinatal and postpartum period and can provide information on screening, symptoms, diagnosis and recent research findings.

MotherWoman, Inc.

A local leader in providing professional training on postpartum emotional complications, risk factors, screening and protocols. Facilitator Training available to learn the essential components of running a successful mothers' group. Contact Annette Cycon for details on professional trainings, facilitator training and presentations at (413) 253-8990 or annette@motherwoman.org

Perinatal Mental Health Consultation Line (800) 573-6121

Consultation for health care providers who have questions about the detection, diagnosis and treatment of perinatal depression and anxiety disorders. Consultants are University of Illinois at Chicago faculty and staff clinicians: psychiatrists, an advanced practice nurse and a social worker.

MedEdPPD www.mededppd.org

Web site developed with the support of the National Institute of Mental Health (NIMH) to provide education about postpartum depression (PPD). Screening tools, risk factors, research, protocols, CME.

Perinatal and Postpartum Mood Disorders: Perspectives and Treatment Guide for the Healthcare Practitioner

by Susan Dowd Stone and Alexis E. Menken, eds, 2008.

Postpartum Mood And Anxiety Disorders: A Clinician's Guide

by Cheryl Tatano Beck and Jeanne Watson Driscoll, 2005.

Medication and Mothers' Milk, Thirteenth Edition

by Thomas Hale, Ph.D.

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SOON ONLINE AT
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