

Resources from the National Institutes of Health: Moms' Mental Health Matters

Order FREE copies or download a [PDF](https://www.nichd.nih.gov/ncmhhep/initiatives/moms-mental-health-matters/pages/materials.aspx) of these materials at <https://www.nichd.nih.gov/ncmhhep/initiatives/moms-mental-health-matters/pages/materials.aspx>. All materials are FREE and available in English and Spanish.

Posters:

- What if the “happiest time of your life” doesn’t feel so happy?
- You’re Prepared for ALMOST Anything...

Tear Pad: The **Action Plan for Depression and Anxiety Around Pregnancy Tear Pad** is designed for patients to understand the signs of depression and anxiety and take steps to feel better.

Postcard: The **Conversation Starter Postcard** is for partners and family members who are concerned about a loved one. It offers ways to provide support.

Resources from Postpartum Support International (PSI)

Download and print materials for free or order copies (charges apply). All materials are available in English and Spanish.

DVD: <http://www.postpartum.net/resources/psi-educational-dvd/>

Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders: Four women who have suffered and recovered from perinatal mood disorders share their experiences and help reassure and educate new mothers, their family members and friends, and health care professionals. Their poignant stories are complemented by up-to-date information from experts in the field. Movie length: 13 minutes.

Brochure: <http://www.postpartum.net/resources/psi-brochure/>

A resource about perinatal mood and anxiety disorders for families, groups, clinics, and hospitals.

Posters: <http://www.postpartum.net/resources/psi-awareness-poster/>

Raise awareness of pregnancy and postpartum mental health and provide messages of help and hope.

Resources for Fathers: <http://www.postpartum.net/get-help/resources-for-fathers/>

Resources from the American College of Obstetricians and Gynecologists

Frequently Asked Questions (FAQs): Print the PDF for free.

- Postpartum Depression: <https://www.acog.org/Patients/FAQs/Postpartum-Depression>
- Depression: <https://www.acog.org/Patients/FAQs/Depression>

Brochures: Order copies (charges apply).

- **Postpartum Depression:** This brochure explains the difference between postpartum blues and postpartum depression; reasons for postpartum depression; signs and symptoms; and treatment and prevention. <https://sales.acog.org/Postpartum-Depression-P124.aspx>
- **Depression:** This brochure explains the definition of depression, symptoms, causes, diagnosis and treatment, and concerns during pregnancy. <https://sales.acog.org/Depression-P184.aspx>

Recursos en Español

Valley Wise Health.

[Servicios de Maternidad](#) (Maternity Services).

[Servicios de Lactancia](#) (Lactation services).

Asesoramiento y Psicoterapia

- *Mental Health Access Line (Línea de Acceso de Salud Mental)*
 - Revisión de seguro médico. Referencia a terapeutas que acepten Medi-Cal y a las clínicas de escala móvil de la comunidad. Se habla español. Servicio gratuito. 1-888-678-7277, 24 horas al día.
- *The Contra Costa Crisis Line (Línea de Crisis de Contra Costa)*
 - Asesoramiento por teléfono las 24 horas del día, para las personas con depresión o en estado de crisis, o para aquellos preocupados por alguien que tenga depresión o esté en estado de crisis. Se habla inglés y español. Servicio gratuito.
 - 1-800-833-2900
- *Postpartum Depression Phone Support (Línea Telefónica de Asistencia con la Depresión del Posparto)*
 - Línea telefónica de asistencia disponible 24 horas al día, 7 días a la semana, para las personas con depresión durante el embarazo y después del embarazo. También disponible para los que conozcan a alguien que acabe de ser madre. Se habla inglés, español y otros idiomas. Servicio gratuito. 1-800-773-6667 (1-800-PPD-MOMS)
- *Postpartum Support International (Línea Internacional de Asistencia con el Posparto)*
 - Asistencia telefónica. Oprima el 1 para español. Le devolvemos la llamada en menos de 24 horas. www.postpartum.net Servicio gratuito. 1-800-944-4PPD ó 1-800-944-4773.
- More on https://cchealth.org/perinatal/pdf/perinatal_depression_resources_es.pdf