

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 child/ren.

SUPPORT GROUPS

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

Beyond Birth

Thursdays from 1–3pm in the Childbirth Center, Cooley Dickinson Hospital, Northampton. A weekly gathering for new parents and their babies. Open to all. Contact at (888) 554-4234.

Circle of Moms: We Are All In This Together

Fridays, 10am–12pm. Join mothers for a free, safe, confidential drop-in group for mothers of infants and babies who are experiencing a challenging postpartum time. Community Action Family Center, 90 Federal Street, Greenfield. Contact CSO at (413) 774-1000. *MotherWoman trained facilitator.*

Empty Arms Support Group

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

MotherWoman Group: Getting Real About Motherhood

Wednesdays, 9:45–11:15am. Amherst Family Center. Free childcare. Community, diversity, self-discovery. Share laughter and tears. Be inspired. It's all here. Expectant mothers welcome. Contact Amherst Family Center at (413) 256-1145. *MotherWoman trained facilitator.*

MotherWoman Postpartum Support Group

Wednesday, 1–2:30pm at Midwifery Care of Holyoke, 230 Maple Street, Holyoke. Expectant mothers welcome. Contact (413) 536-7385. *MotherWoman trained facilitator.*

MotherWoman Postpartum Group: This Is Harder Than I Thought

Tuesdays, 10am–12pm. MotherWoman Office, 220 Russell St, Hadley. Free childcare. For women experiencing a challenging postpartum time. Expectant mothers welcome. Contact Annette Cycon at (413) 387-0703. *MotherWoman trained facilitator.*

Pregnancy and Postpartum Group for Partners: "The Other Parent"

4th Monday 7–9pm. Cooley Dickinson Center for Midwifery Care, Northampton. Workshop for non-birthing partner to explore issues related to pregnancy, birth, the postpartum period, and parenting. Group is free of charge, facilitated by experienced parents/partners. Contact Kate Bohne at: Katherine_Bohne@cooley-dickinson.org or (413) 687-5817

Parents Helping Parents Support Group

Wednesdays from 6:30–8:30pm. Amherst. A place to vent your parenting stress in a caring community support group co-led by parents and a volunteer facilitator. Contact Susan Barbaro (413) 256-6940 stbarbaro@aol.com.

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.psi.org

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

Down Came the Rain: My Journey Through Postpartum Depression

by Brooke Shields

Pregnant on Prozac

by Shoshana Bennett, Ph.D

The Mother-to-Mother Postpartum Depression Support Book

by Sandra Poulin

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.

Andrea Reber, LICSW
Northampton: (413) 584-3556

Counseling and Gynecology Group

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

Ellen Bollier, RN, CS, APRN
Northampton: (413) 584-8993

Kathleen O'Kane, LICSW
Hadley: (413) 584 3929

Mary Hunter Kratt, LMHC, NCC
Greenfield: (413) 774-7720

Michelle Kaskey, APRN, BC
Northampton: (413) 586-3319

Nicole Stevens, LICSW
Northampton: (413) 320-1108

Paula Shulman, LMFT, MS.Ed, MA
(413) 230-9642
West Springfield: (413) 737-4719, ext. 117

Paul Shore-Suslowitz, EDD
Longmeadow: (413) 567-9993 ext. 12

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

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?

ServiceNet Outpatient Mental Health Clinic
Northampton: (413) 584-6855

Windhorse Associates
Northampton: (413) 586-0207

MEDICATION PRESCRIBERS

How do I know if I need medication or if it's the right thing for me? Talk to your OB and/or primary care provider. Share your experience and history. Ask questions and share your concerns.

Caroline Broudy
Northampton: (413) 586-0411

Clinical and Support Options
Northampton: (413) 582-0471
Greenfield: (413) 774-1000
Hampden County: (413) 737 9544

Counseling and Gynecology Group

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

Behavioral Health Network
Springfield: (413) 732-7419

Brien Center
Pittsfield: (413) 499-0412

Michelle Kaskey, APRN, BC
Northampton: (413) 586-3319

Ellen Bollier, RN, CS, APRN
Northampton: (413) 584-8993

Elizabeth Bertuch, MS, APRN, BC, PC
Holyoke, Longmeadow:
(413) 532-6777

ServiceNet Outpatient Mental Health Clinic
Northampton: (413) 584-6855

COMPLIMENTARY 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

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