

2007 Guide to Postpartum Depression Resources in Southeastern Michigan & More



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*Compiled by
Center for the Childbearing Year*



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*Download Guide at
www.center4cby.com*

Postpartum Depression Resources

*denotes postpartum depression specialty

Ingham County

Child & Family Services, Capital Area, Inc.

Family Services Counseling Program
4287 Five Oaks Drive
Lansing, MI 48911
Main Phone: (517) 882-4000
Toll free: (800)301-7566
Email: info@childandfamily.org
Website: www.childandfamily.org

Clinton-Eaton-Ingham CMH Counseling Center – Charlotte

551 Court House Drive, Suite 5
Charlotte, MI 48813
Main Phone: (517) 543-5100
Request for Services: (517) 346-8318
(888) 800-1559
24 hour emergency: (517) 372-8460
(800) 372-8460

Clinton-Eaton-Ingham CMH Clinton Counseling Center

1000 East Sturgis Street, Suite 3
St. Johns, MI 48879
Main Phone: (517) 224-6729
Request for Services: (517) 346-8318
(888) 800-1559
24 hour emergency: (517) 372-8460
(800) 372-8460

Community Mental Health Authority of Clinton, Eaton, and Ingham Counties

812 E. Jolly Road
Lansing, Michigan 48910
Main Phone: (517) 346-8200
Mental Health Services: (517) 346-8372
Crisis Services: (800) 372-8460
(517) 346-8460
Website: <http://www.ceicmh.org/>

Highfields Lansing Facility

3400 S. Cedar Street, Suite 201
Lansing, MI 48910
Main Phone: (517) 887-2762
Toll free: (877) 443-4353
Website: www.highfields.org

Highfields Onondaga Campus

5123 Old Plank Road
P.O. Box 98
Onondaga, MI 49264
Main Phone: (517) 628-2287
Toll free: (877) 443-4353
Website: www.highfields.org

MSU Family & Child Clinic

329 Olin Health Center
Michigan State University
East Lansing, MI 48824
Main Phone: (517) 432-2272
Website: www.fce.msu.edu/mft/MFTClinic.htm

Jackson County

Community Connections

1198 N. West Avenue
Jackson, MI 49202
Main 24-hour line: (517) 789-1200
Toll free: (800) 284-8288

Department of Human Services – Jackson County

301 E. Louis Glick Highway
Jackson, MI 49201
Main Phone: (517) 780-7400
Website: <http://www.michigan.gov/dhs/>

Foote Hospital Behavioral Services

205 N. East Avenue
Jackson, MI 49201
Main 24-hour line: (517) 789-5971
Toll free: (800) 531-3728
Website: www.footehealth.org

Highfields Jackson Facility

1206 Clinton Road
Jackson, MI 49202
Main Phone: (517) 783-4250
Toll free: (877) 443-4353
Website: www.highfields.org

Jackson County Health Department

1715 Lansing Avenue, Suite 221
Jackson, MI 49202
Main Phone: (517) 788-4420
Toll Free: (888) 781-4420
Maternal Infant Health Program
Already covered by Medicaid: (517) 788-4619
Need information to apply for Medicaid: (517) 788-4420
Website: <http://www.co.jackson.mi.us/HD/>

LifeWays

1200 N. West Avenue
Jackson, MI 49202
Main Phone: (517) 780-3332
Website: www.lifewaysmco.com

Livingston County**Advanced Behavioral Medicine, Inc.**

2901 East Grand River Avenue
Howell, MI 48843
Main Phone: (517) 548-1537
Website: www.better_living.yourmd.com

Advanced Counseling Services, P.C.

2300 Genoa Business Park Drive, Suite 180
Brighton, MI 48114
Main Phone: (810) 220-2787
Website: www.advancedcounseling.org

Brighton Hospital

12851 Grand River Road
Brighton, MI 48116
Main Phone: (810) 227-1211
Website: www.stjohn.org/Brighton

Catholic Social Services

2020 East Grand River, Suite 103
Howell, MI 48843
Main Phone: (517) 545-5944
Website: www.catholiccharitiesinfo.org/states/MI.htm

Complete Counseling Center

721 East Grand River Avenue
Howell, MI 48843
Main Phone: (517) 546-4445

Health Department

Personal and Preventive Health Services
2300 E. Grand River Avenue
Howell, MI 48843
Main Phone: (517) 546-9850

Livingston Community Mental Health Services

2280 E. Grand River Avenue
Howell, MI 48843
Main Phone: (517) 546-4126
Toll Free 24-hour Crisis Line: (800) 615-1245
Website: www.cmhliv.org

Oakland Livingston Human Services Agency

2300 E. Grand River Avenue
Howell, MI 48843
Main Phone: (517) 546-8500
Email: livingston@olhsa.org
Website: <http://www.olhsa.org/>

Saint Joseph Mercy Behavioral Services

10299 East Grand River Avenue, Suite 1
Brighton, MI 48114
Main Phone: (810) 227-0404
Website: <http://www.sjmercyhealth.org/body.cfm?id=160>

Macomb County

Advanced Counseling Services, P.C.

24715 Little Mack Avenue, Suite 200
St. Clair Shores, MI 48080
Main Phone: (810) 777-9000
Website: www.advancedcounseling.org

Catholic Services of Macomb

12434 East Twelve Mile Road, Suite 201
Warren, MI 48093
Main Phone: (586) 558-7551
Website: www.csmacomb.org

Center for Counseling

32743 23 Mile Road
New Baltimore, MI 48047
Main Phone: (586) 716-0980

Community Assessment Referral & Education (CARE)

31900 Utica Road
Fraser, MI 48026
Main Phone: (586) 541-2273
Website: www.careofmacomb.org

Eastwood Community Clinic – Eastpointe

20811 Kelly Road, Suite 103
Eastpointe, MI 48021
Main Phone: (586) 445-2210
Website: www.stjohn.org/EastwoodClinics/

Harbor Oaks Hospital – New Baltimore

35031 23 Mile Road
New Baltimore, MI 48047
Main Phone: (586) 725-5777
24-hour Crisis Line: (800) 537-7924
Website: www.harboroaks.com

Henry Ford Behavioral Health – Clinton Oaks

42633 Garfield Road, Suite 314
Clinton Township, MI 48038
Main Phone: (586) 226-7007
Website: http://henryford.com/body_academic.cfm?id=39553

Macomb Community Mental Health Administrative Offices

10 North Main Street, 5th Floor
Mt. Clemens, MI 48043
Access Center: (586) 948-0222
Crisis Line: (586) 307-9100
Community Relations: (586) 469-6958
Website: <http://macombcountymi.gov/communitymentalhealth/>

Macomb Community Mental Health Outpatient Clinic – Clinton Township

43740 North Groesbeck Highway
Clinton Township, MI 48036
Access Center: (586) 948-0222
24-hour Crisis Line: (810) 307-9100

Macomb Community Mental Health Outpatient Clinic – St. Clair Shores

25401 Harper Avenue
St. Clair Shores, MI 48080
Access Center: (586) 948-0222
24-hour Crisis Line: (586) 307-9100

Macomb CMH Outpatient Clinic – Warren

3701 Thirteen Mile Road
Warren, MI 48092
Access Center: (586) 948-0222
Crisis Line: (586) 307-9100

Macomb Family Services – Clinton Township

36975 Utica Road, Suite 104
Clinton Township, MI 48036
Main Phone: (586) 226-3440
Website: www.mfsonline.org

Macomb Family Services – Richmond

67515 Main Street, Suite C
Richmond, MI 48062
Main Phone: (586) 727-5529
Website: www.mfsonline.org

Macomb Family Services – Romeo

124 W Gates Street, Suite 103
Romeo, MI 48065
Main Phone: (586) 752-9696
Website: www.mfsonline.org

Macomb Family Services – Shelby Township

45445 Mound Road, Suite 109
Shelby Township, MI 48317
Main Phone: (586) 254-5660
Website: www.mfsonline.org

New Oakland Child-Adolescent & Family Center – Clinton Township

42621 Garfield Road, Suite 101
Clinton Township, MI 48038
Main Phone: (586) 412-5321

Pioneer Counseling Center – Clinton Township

43900 Garfield Road, Suite 222
Clinton Township, MI 48038
Main Phone: (586) 263-1234
Website: www.pioneercounseling.com

Pioneer Counseling Center – Sterling Heights

36250 Dequindre Road, Suite 310
Sterling Heights, MI 48310
Main Phone: (586)795-0569
Website: www.pioneercounseling.com

Postpartum Support Group*

Tree of Hope

St. Joan of Arc Parish Center
22412 Overlake Drive
St. Clair Shores, MI 48080
Main Phone: (586) 777-3670
Email: Info@treeofhopefoundation.org
Website: www.treeofhopefoundation.org

St. Joseph's Center for Behavioral Medicine – Mt. Clemens

215 North Avenue
Mt. Clemens, MI 48043
Main Phone: (586) 466-9740
Website: www.stjoe-macomb.com

St. Joseph's Center for Behavioral Medicine – Clinton Township

43411 Garfield Road
Clinton Township, MI 48038
Main Phone: (586) 263-2760

Tree of Hope Foundation*

P.O. Box 806482
St. Clair Shores, MI 48080
(586) 777-0142
Email: Info@treeofhopefoundation.org
Website: www.treeofhopefoundation.org

Trinity Family Counseling Center

45052 Deshon Street
Utica, MI 48317
Main Phone: (586) 254-3663
Sliding fee scale available

Monroe County

Catholic Social Services of Monroe County

16 East 5th Street
Monroe, MI 48161
Main Phone: (734) 242-3800
Toll free: (800) 292-4517

Family Counseling & Shelter Services

14390 Laplainsance Road, Suite 106
Monroe, MI 48161
Main Phone: (734) 241-0180

Mercy Memorial Hospital Family Center

700 Stewart Road, Suite 105
Monroe, MI 48161
Main Phone: (734) 240-5350
Website: www.mercymemorial.org/mental_health_services.htm

Monroe Community Mental Health

1001 South Raisinville Road
Monroe, MI 48161
Main Phone: (734) 243-7340
Toll free: (800) 886-7340
Website: www.monroecmha.org

Monroe County Community Mental Health Authority

1001 Raisinville Road
PO Box 726
Monroe, MI 48161
Main Phone: (734) 243-7340
24-hour Crisis Line: (800) 886-7340
Jane Terwilliger, Director
Email: jterwilliger@mail.monroecmha.org

Monroe County Crisis Line

24-hour Crisis Line: (800) 886-7340

Monroe County Health Department

2353 South Custer Road
Monroe, MI 48161
Main Phone: (734) 240-7800
Toll free: (888) 354-5500
Website: www.co.monroe.mi.us/publichealth

Oakland County

Advanced Counseling Services – Clarkston

6770 Dixie Highway, Suite 312
Clarkston, MI 48346
Main Phone: (248) 922-2300
Website: www.advancedcounseling.org

Advanced Counseling Services – Southfield

29201 Telegraph Road, Suite 550
Southfield, MI 48034
Main Phone: (248) 213-0501
Website: www.advancedcounseling.org

Arab American and Chaldean Council

Administrative Offices
28551 Southfield Road
Lathrup Village, MI 48706
Main Phone: (248) 559-1990
Website: <http://www.myacc.org/>
No fees

Beaumont Hospital Psychiatric Services

3601 West Thirteen Mile Road
Royal Oak, MI 48073
Main Phone: (248) 551-9800
Website: www.beaumont.edu

Birmingham Maple Clinic, Inc.

2075 West Big Beaver Road, Suite 520
Troy, MI 48084
Main Phone: (248) 646-6659
Website: www.birminghammaple.com

Burdette & Doss Psychological Services

17352 West 12 Mile Road, Suite 100
Southfield, MI 48076
Main phone: (248) 559-0730

Catholic Social Services – Auburn Hills

3300 South Adams Road
Auburn Hills, MI 48326
Main Phone: (248) 537-3300
Website: www.cssoc.org

Catholic Social Services – Oakland Co.

29475 Inkster Road
Farmington, MI 48334
Main Phone: (248) 333-3700
Website: www.cssoc.org

Catholic Social Services Administration – Pontiac

50 Wayne Street
Pontiac, MI 48342
Main Phone: (248) 334-3595
Website: www.cssoc.org

Catholic Social Services – Pontiac

53 Franklin Boulevard
Pontiac, MI 48341
Main Phone: (248) 334-3595
Website: www.cssoc.org

Catholic Social Services – Waterford

6637 Highland Road
Waterford, MI 48328
Main Phone: (248) 666-8870
Website: www.cssoc.org

Christian Family Services

17105 W. Twelve Mile Road
Southfield, MI 48076
Main Phone: (248) 557-8390
Website: <http://www.cfspyo.org/>

Clarkston Family Counseling Associates

6770 Dixie Highway, Suite 308
Clarkston, MI 48346
Main Phone: (248) 922-9077

Common Ground Sanctuary Administration

1410 South Telegraph Road
Bloomfield Hills, MI 48302
Main Phone: (248) 456-8150
24-hour crisis hotline: (800) 231-1127
Website: www.commongroundsanctuary.org

Common Ground Sanctuary Crisis Services

853 Woodward Avenue
Pontiac, MI 48341
Main Phone: (248) 456-1991

Community Network Services – Farmington Hills

Corporate Office

38855 Hill Tech Drive, Suite 200

Farmington Hills, MI 48331

Main Phone: (248) 994-8001

Toll free: (800) 615-0411

Website: <http://www.cnsmi.org/cnsweb/index.htm>

Community Network Services – Pontiac

35 West Huron Street

Pontiac, MI 48342

Main Phone: (248) 745-4900

Toll free: (800) 273-0258

Website: <http://www.cnsmi.org/cnsweb/index.htm>

Comprehensive Psychiatric Services

28800 Orchard Lake Road, Suite 250

Farmington Hills, MI 48334

Main Phone: (248) 932-2500

Comprehensive Psychological Services

2250 South Telegraph Road, Suite 240

Bloomfield Hills, MI 48302

Main Phone: (248) 334-9000 (*24-hour access*)

Counseling Associates

33045 Hamilton Court, Suite W300

Farmington Hills, MI 48334

Main Phone: (248) 848-1558

Toll free: (877) 508-8454

Website: www.counselingassociates.com

Eastwood Community Clinic- Rochester Hills

3950 South Rochester Road, Suite 1400

Rochester Hills, MI 48307

Main Phone: (248) 844-6234

Website: www.stjohn.org/EastwoodClinics/

Eastwood Community Clinic- Royal Oak

30701 North Woodward Avenue, Suite 200

Royal Oak, MI 48073

Main Phone: (248) 288-9333

Website: www.stjohn.org/EastwoodClinics/

Eastwood Community Clinic- Royal Oak

1515 N. Stephenson Highway
Royal Oak, MI 48067
Main Phone: (248) 542-6070
Website: www.stjohn.org/EastwoodClinics/

El Centro "La Familia"

35 West Huron Street, Suite 200
Pontiac, MI 48341
Main Phone: (248) 858-5320
Website: www.mi.easterseals.com

Elm Street Clinic

700 North Old Woodward Avenue, Suite 300
Birmingham, MI 48009
Main Phone: (248) 642-8263
Website: <http://www.elmstreetclinic.com>

Family Service – Southfield

15565 Northland Drive, Suite 505W
Southfield, MI 48075
Main Phone: (248) 483-3100

Garwood & Associates

9340 Dixie Highway
Clarkston, MI 48349
Main Phone: (248) 625-3123

Horizon Treatment Center

17117 West 9 Mile Road, Suite 646
Southfield, MI, 48075
Main Phone: (248) 423-1728

Jewish Family Services – West Bloomfield

6555 West Maple Road
West Bloomfield, MI 48322
Main Phone: (248) 592-2300

Jewish Family Services – Oak Park

25900 Greenfield Road, Suite 405
Oak Park, MI 48237
Main Phone: (248) 592-2653
Intake Services: (248) 592-2300

Jewish Family Services – Southfield

24123 Greenfield Road
Southfield, MI 48075
Main Phone: (810) 559-1500

Key Counseling Center

1945 Southfield Road
Birmingham, MI 48009
Main Phone: (248) 644-3369

Kingswood Hospital

10300 West Eight Mile Road
Ferndale, MI 48220
Main Phone: (248) 398-3200

Lutheran Child & Family Service of Detroit

15160 Eight Mile Road
Oak Park, MI 48237
Main Phone: (248) 968-0100
Website: www.lcfsmi.org/metropolitan.asp

Michigan Psychoanalytic Institute – Farmington Hills

32841 Middlebelt Road, Suite 411
Farmington Hills, MI 48334
Main Phone: (248) 851-7739
Website: www.mpi-mps.org

New Oakland Child-Adolescent & Family Center – West Bloomfield

5600 W. Maple Road
West Bloomfield, MI 48323
Main Phone: (248) 855-1584

New Oakland Child-Adolescent & Family Center – Davisburg

12850 Fountain Square Drive, Suite 106
Davisburg, MI 48350
Main Phone: (248) 634-6303

North Oakland Family Counseling

6887 Dixie Highway, Suite C
Clarkston, MI 48346
Main Phone: (248) 620-1019

Northbrook Psychological Clinic

23965 Novi Road, Suite 110
Novi, MI 48375
Main Phone: (248) 344-7420

Oakland County Community Mental Health Administration – Auburn Hills

2011 Executive Hills Boulevard
Auburn Hills, MI 48326
Main Phone: (248) 858-1210
Customer Service: (800) 341-2003
Information & Eligibility: (800) 810-3772
Crisis Line: (248) 456-1991
Website: www.occmha.org/

Oakland Family Services – Central Administration

114 Orchard Lake Road
Pontiac, MI 48341
Main Phone: (248) 858-7766
Email: info@ofsfamily.org
Website: <http://www.oaklandfamilyservices.org/>

Oakland Family Services – Berkley

2351 W. Twelve Mile Road
Berkley, MI 48072
Main Phone: (248) 544-4044
Website: <http://www.oaklandfamilyservices.org/>

Oakland Family Services – Farmington Hills

23332 Orchard Lake Road, Suite A
Farmington Hills, MI 48336
Main Phone: (248) 473-1290
Website: <http://www.oaklandfamilyservices.org/>

Oakland Family Services – Rochester Hills

130 Hampton Circle, Suite 100
Rochester Hills, MI 48307
Main Phone: (248) 853-0750
Website: <http://www.oaklandfamilyservices.org/>

Oakland Family Services – Walled Lake

2045 E. West Maple Road, D-407
Walled Lake, MI 48390
Main Phone: (248) 624-3812
Website: <http://www.oaklandfamilyservices.org/>

Oakland Livingston Human Services Agency

Central Office

196 Cesar E. Chavez Avenue

P.O. Box 430598

Pontiac, MI 48343

Main Phone: (248) 209-2600

South Office

345 E. Nine Mile Road

Ferndale, MI 48220

Main Phone: (248) 542-5860

Email: info@olhsa.org

Website: <http://www.olhsa.org/>

Oakland Psychological Clinics, P.C. – Bloomfield Hills

2550 South Telegraph Road, Suite 250

Bloomfield Hills, MI 48302

Main Phone: (248) 322-0001

Website: www.oakpsych.com

Oakland Psychological Clinics, P.C. – Lake Orion

2633 South Lapeer Road

Lake Orion, MI 48360

Main Phone: (248) 393-5555

Website: www.oakpsych.com

Oakland Psychological Clinics, P.C. – Milford

1800 North Milford Road, Suite A

Milford, MI 48381

Main Phone: (248) 684-6400

Website: www.oakpsych.com

Oakland Psychological Clinics, P.C. – Southfield

21700 Northwestern Highway, Suite 750

Southfield, MI 48034

Main Phone: (248) 559-5558

Website: www.oakpsych.com

Oakwoods Psychological Center

36700 Woodward Avenue, Suite 202

Bloomfield Hills, MI

Main Phone: (248) 433-3244

Orchard Hills Psychiatric Center – Novi

40000 Grand River Avenue, Suite 306

Novi, MI 48375

Main Phone: (248) 426-9900

Orchard Hills Psychiatric Center – Troy

625 East Big Beaver Road, Suite 101

Troy, MI 48083

Main Phone: (248) 740-9360

Rose Hill Center

5130 Rosehill Boulevard

Holly, MI 48442

Main Phone: (248) 634-5530

Website: www.rosehillcenter.com

The Counseling Center

43996 Woodward Avenue, Suite 101

Bloomfield Hills, MI 48302

Main Phone: (248) 338-2988

Providers & Groups in Oakland County

Camille J. Greenwald, Ph.D.

Private Practice- Birmingham

380 N. Old Woodward Avenue

Birmingham, MI 48009

Main Phone: (248) 594-8206

Information: Dr. Greenwald has over twenty years clinical experience with focuses on women's issues and development and on postpartum depression and adjustment

Roberta Toll, Ph.D.

31000 Telegraph Road, #130

Birmingham, MI 48025

Main Phone: (248) 594-3337

Information: Dr. Toll is a clinical psychologist with special interest in women's mental health issues

St. Clair County

St. Clair County Community Mental Health Authority

1011 Military Street

Port Huron, MI 48060

Main Phone: (810) 985-8900

24-hour Toll free: (888) 225-4447

Website: www.scccmh.org

Mental Health Services of St. Clair County – Algonac

River District Counseling Center

555 St. Clair River Drive

Algonac, MI 48001

Main Phone: (810) 794-7548

After Hours: (888) 225-4447

Mental Health Services of St. Clair County – Capac

Western Area Human Services

14960 Park Street

Capac, MI 48014

Main Phone: (810) 395-4343

After Hours: (888) 225-4447

Mental Health Services of St. Clair County – Fort Gratiot

Northgate Adult Professional Services

3847 Pine Grove Avenue

Fort Gratiot, MI 48059

Main Phone: (810) 985-4009

After Hours: (888) 225-4447

Mental Health Services of St. Clair County – Marine City

Adult Professional Support Services

515 S. Parker Street

Marine City, MI 48039

Main Phone: (810) 765-5010

After Hours: (888) 225-4447

Mental Health Services of St. Clair County – Port-Huron

Community Integration Services

230 Huron Avenue

Port Huron, MI 48060

Main Phone: (810) 985-9440

After Hours: (888) 225-4447

Mental Health Services of St. Clair County – Port-Huron

Port Huron Outpatient Services

1007 Military Street

Port Huron, Michigan 48060

Main Phone: (810) 987-7050

After Hours: (888) 225-4447

Washtenaw County

Ann Arbor Center for the Family
2300 Washtenaw Avenue, Suite 201
Ann Arbor, MI 48104
Main Phone: (734) 995-5181
Website: www.annarborcenter.com

Ann Arbor Consultation Service, Inc.
5331 Plymouth Road
Ann Arbor, MI 48105
Main Phone: (734) 996-9111
Website: www.a2consultation.com

Ann Arbor Counseling
3055 Plymouth Road, Suite 201
Ann Arbor, MI 48105
Main Phone: (734) 741-0883
Some sliding fee scale available

Arbor Psychological Consultants, P.C.
1565 Eastover Place
Ann Arbor, MI 48104
Main Phone: (734) 741-8844
Sliding fee scale available

Catholic Social Services
4925 Packard Street
Ann Arbor, MI 48108
Main Phone: (734) 971-9781
Website: www.csswashtenaw.org/

Center for Behavior and Medicine
2004 Hogback Road, Suite 16
Ann Arbor, MI 48105
Main Phone: (734) 677-0809

Center for the Education of Women
330 East Liberty Street
Ann Arbor, MI 48104
Main Phone: (734) 764-6005
Email: cew.mail@umich.edu
Website: <http://www.umich.edu/~cew/services/couns.htm>

Chelsea Community Hospital Behavioral Health Services

775 S. Main Street
Chelsea, MI 48118
Main Phone: (734) 475-6051
Toll free: (800) 328-6261

Chelsea Help Line

114 N River Street
Ypsilanti, MI 48198
Main Phone: (734) 475-0111

Child and Family Services Counseling Program

2301 Platt Road
Ann Arbor, MI 48106
Main Phone: (734) 971-6520
Sliding fee scale available

Community Mental Health

2140 East Ellsworth Road
Ann Arbor, MI 48108
Main Phone: (734) 971-2282
Emergency: (734) 996-4747
No fees

Corner Health Center

47 N. Huron Street
Ypsilanti, MI 48197
Main Phone: (734) 484-3600
Website: <http://www.cornerhealth.org/index.html>
Serving ages 12-21 and their children

Counseling Center of Ann Arbor

342 South Ashley Street
Ann Arbor, MI 48104
Main Phone: (734) 761-7204
Sliding fee scale available.

Eastern Michigan University

College of Education Clinical Suite – Counseling Clinic
135 Porter Building
Ypsilanti, MI 48197
Main Phone: (734) 487-4410
Website: www.emich.edu/coe/clinics/
Psychology Clinic
611 West Cross Street
Ypsilanti, MI 48197
Main Phone: (734) 487-4987
Website: <http://www.emich.edu/psychology/dept-psychologyclinic.html>

Family Life Services of Washtenaw County

Stand By Me

2950 Packard Road

Ypsilanti, MI 48197

Main Phone: (734) 434-3088.

Website: <http://www.women-helping-women.net/>

Family Therapy Associates of Ann Arbor

118 West Jefferson Street

Ann Arbor, MI 48103

Main Phone: (734) 572-0882

Website: www.familytherapyassociatesofannarbor.com

Full Circle Community Center

750 Towner Drive

Ypsilanti, MI 48198

Main Phone: (734) 485-2020

Website: www.fullcircleypsi.org

Jewish Family Services

2245 S. State Street

Ann Arbor, MI 48104

Main Phone: (734) 769-0209

Website: <http://www.jfsannarbor.org/>

Lamaze Childbirth Preparation Association of Ann Arbor, Inc.

2500 Packard Street, Suite 101

Ann Arbor, MI 48104

Main Phone: (734) 973-1014

Email: info@lamazeaa.org

Website: www.lamazeaa.org

McAuley Mental Health Services

2006 Hogback Road

Ann Arbor, MI 48105

Main Phone: (734) 712-4399

Sliding fee scale available

Michigan Psychoanalytic Institute – Ann Arbor

204 East Washington Street

Ann Arbor, MI 48104

Main Phone: (734) 213-3399

Website: www.mpi-mps.org

Mothering Arts

New Moon Midwifery

Center for the Childbearing Year

722 Brooks Street

Ann Arbor, MI 48103

Main Phone: (734) 424-0220

Website: <http://newmoonmidwifery.com/group.html>

Meets Thursdays 12-1:30pm for mothers of infants under 6 months

Mothers and More

Rotating Meeting Sites

Main Phone: (734) 327-4901

Email: co-leader@mmwashtenaw.org

Website: <http://mmwashtenaw.org>

Meets on the 1st Tuesday and 3rd Thursday of the month

NAMI of Washtenaw County

1100 North Main Street

Ann Arbor, MI 48104

Main Phone: (734) 994-6611

Website: <http://www.namiwc.org/about.htm>

Psychiatric Emergency Center

University of Michigan Hospital

1500 East Medical Center Drive

Floor B1, Room B1C204, Reception: Emergency Medicine

Ann Arbor, MI 48109

Main Phone: (734) 996-4747

Website: <http://www.med.umich.edu/1toolbar/visinfo/unschd04.htm>

Samaritan Counseling Services

2890 Carpenter Road, Suite 1600

Ann Arbor, MI 48108

Main Phone: (734) 677-0609

St. Joseph Mercy Health System

Mental Health Services for Women

2006 Hogback Road

Ann Arbor, MI 48105

Main Phone: (734) 786-2300

Website: <http://www.sjmercyhealth.org/body.cfm?id=188>

The Counseling Center of Ann Arbor

342 South Ashley Street

Ann Arbor, MI 48104

Main Phone: (734) 761-7204

Website: www.counselingcenterofannarbor.com

The Women's Center of America

2425 West Stadium Boulevard
Ann Arbor, MI 48103
Main Phone: (734) 973-6779
Email: info@womenscentersemi.org
Website: www.thewomenscenterofamerica.org

University of Michigan

Center for the Child and the Family
530 Church Street, Suite 1465
Ann Arbor, MI 48109
Main Phone: (734) 764-9466
Website: <http://www.umucf.org/>
Sliding fee scale available

University of Michigan

Psychological Clinic
530 Church Street, Suite 2463
Ann Arbor, MI 48109
Main Phone: (734) 764-3471
Website: <http://www.psychclinic.org>
Sliding fee scale available

University of Michigan Depression Center

Rachel Upjohn Building
4250 Plymouth Road
Ann Arbor, MI 48109
Main Phone: (734) 936-4400.
Website: www.med.umich.edu/depression/
Workshops & Support Groups: <http://www.med.umich.edu/depression/groups.htm>

Washtenaw County Community Mental Health

Adult Services Clinic – Ypsilanti
555 Towner Street
Ypsilanti, MI 48197
Main Phone: (734) 544-6820

Adult Services Clinic – Ann Arbor
2140 E. Ellsworth Street
Ann Arbor, MI 48180
Main Phone: (734) 971-2282
Sliding fee scale available

Washtenaw First Steps

2775 Boardwalk Drive
Ann Arbor, MI 48104
Main Phone: (734) 994-2300 x53179
Website: <http://www.aaps.k12.mi.us/firststeps.home/home>

Providers & Groups in Washtenaw County

The Art of Thriving- A Women's Psychotherapy Group with Lisa Wolf

Lisa Wolf, MA & Pathwork Helper

Private Practice – Ann Arbor

2350 Washtenaw Avenue, Suite 7

Ann Arbor, MI 48104

Main Phone: (734) 930-0864

Email: asilflow@earthlink.net

Information: This process-oriented therapy group will guide women to move beyond “Surviving” life. Participants will have the opportunity to explore the resistances, fears and doubts that block one’s ability to “Thrive” and block the expression of your most genuine self. Education, emotional release work, spiritual practice and experiential exercises will be some of the interventions used. Meets once a month.

Postpartum Depression Support Group of the Greater Ann Arbor Area

2500 Packard Road, Suite 101

Ann Arbor, MI 48104

Main Phone: (734) 418-2683

Website: www.ppd-annarbor.org

Information: We offer twice-monthly free support group meetings run by volunteer facilitators. The meetings are held on the first and third Mondays of every month from 10:30AM-12:00PM. Babies, children, partners, and family members are all welcome.

Lynn Chandler, Ph.D.

555 East William Street

Ann Arbor, MI 48104

Main Phone: (734) 663-7616

Information: Lynn offers counseling, stress management, and relaxation training in a comfortable and supportive environment for women facing fertility, pregnancy, unwanted pregnancy, postpartum adjustment, and postpartum depression issues.

Melisa Schuster, LMSW

500 Little Lake Drive, #300

Ann Arbor, MI 48103

Main Phone: (734) 302-0033

Website: www.melisaschuster.com

Information: Melisa has over ten year clinical experience providing supportive counseling and therapy for women and their families during the childbearing and parenting years.

Wayne County

Arab American and Chaldean Council

Headquarters

111 West Seven Mile Road

Detroit, MI 48203

Main Phone: (313) 893-5269

Website: <http://www.myacc.org/>

Arab Community Center for Economic and Social Services (ACCESS)

2651 Aulino Court

Dearborn, MI 48120

Main Phone: (313) 843-2844

Sliding fee scale available

Black Family Development

15231 West McNichols Road

Detroit, MI 48235

Main Phone: (313) 272-3500

Sliding fee scale available

Catholic Social Services of Wayne County – Dearborn Heights

2382 Van Born Road

Dearborn Heights, MI 48125

Main Phone: (313) 792-9286

Website: www.csswayne.org

Catholic Social Services of Wayne County - Detroit

Main Office

9851 Hamilton Avenue

Detroit, MI 48202

Main Phone: (313) 883-2100

Website: www.csswayne.org

Catholic Social Services of Wayne County – Grosse Pointe Park

15200 E. Jefferson Avenue, Suite 105

Grosse Pointe Park, MI 48230

Main Phone: (313) 821-2590

Website: www.csswayne.org

Circle of Life Psychiatric Hospital and Health Center

15000 Gratiot Avenue

Detroit, MI 48205

Main Phone: (313) 245-0600

Website: www.circle123.com

Community Care Services – Belleville

25 Owen Street
Belleville, MI 48111
Main Phone: (734) 697-7880
Website: www.comcareserv.org

Community Care Services – Lincoln Park

Administration
26184 West Outer Drive
Lincoln Park, MI 48146
Main Phone: (313) 389-7500
Website: www.comcareserv.org

Community Care Services – Taylor

26650 Eureka, Suite A
Taylor, MI 48180
Main Phone: (734) 955-3550
Website: www.comcareserv.org

Detroit Central City Community Mental Health, Inc.

10 Peterboro Street
Detroit, MI 48201
Main Phone: (313) 831-3160
Website: www.dcccmh.org
Sliding fee scale available

Detroit East Community Mental Health

11457 Shoemaker Street
Detroit, MI 48213
Main Phone: (313) 331-3435

Detroit-Wayne County Community Mental Health Agency

640 Temple Street, 8th Floor
Detroit, MI 48201
Main Phone: (313) 833-2500
Website: www.waynecounty.com/mhealth/

Development Centers, Inc.

24424 West McNichols Road
Detroit, MI 48219
Main Phone: (313) 531-2500

Downriver Guidance Clinic

13101 Allen Road
Southgate, MI 48195
Main Phone: (313) 287-1700
Sliding fee scale available

Eastwood Community Clinic - Dearborn

5111 Auto Club Drive, Suite 120
Dearborn, MI 48124
Main Phone: (313)583-0735
Website: www.stjohn.org/EastwoodClinics/

Eastwood Community Clinic- Detroit

4777 East Outer Drive
Detroit, MI 48234
Main Phone: (313) 369-5000
Website: www.stjohn.org/EastwoodClinics/

Eastwood Community Clinic - Livonia

17250 Farmington Road
Livonia, MI 48152
Main Phone: 313-369-5000
Website: www.stjohn.org/EastwoodClinics/

Family Service – Canton

50430 School House Road, Suite 201
Canton, MI 48187
Main Phone: (734) 495-9526

Family Service – Dearborn

19855 West Outer Drive, Suite 104W
Dearborn, MI 48124
Main Phone: (313) 965-2141

Family Service – Detroit

220 Bagley Street, Suite 700
Detroit, MI 48226
Main Phone: (313) 965-2141

Family Service Main Office – Detroit

10900 Harper Avenue
Detroit, MI 48213
Main Phone: (313) 579-5989

Family Service – Southgate

13331 Reeck Road, Suite 200
Southgate, MMI 48195
Main Phone: (734) 324-2801

Hegira Programs

1375 Inkster Road
Inkster, MI 48141
Main Phone: (313) 565-7577
Sliding fee scale available

Hegira Behavioral Diagnostic & Psychiatric Intervention Center

33101 Annapolis Street, Suites A & B

Wayne, MI 48184

Main Phone: (734) 721-6788

Website: www.hegira.net

Hegira-Westland Counseling Center

8623 North Wayne Road, Suite 323

Westland, MI 48185

Main Phone: (734) 425-0636

Website: www.hegira.net

Henry Ford Health System

Behavioral Health Services

1 Ford Place

Detroit, MI 48202

Main Phone: (313) 874-6677

Latin Americans for Social and Economic Development (LA SED)

4138 West Vernor Street

Detroit, MI 48209

Main Phone: (313) 554-2025

Latino Family Services

3815 West Fort Street

Detroit, MI 48216

Main Phone: (313) 841-7380

No fees

Lincoln Behavioral Services – Canton

5840 North Canton Road, Suite 218

Canton, MI 48187

Main Phone: (734) 459-5590

Website: www.LBSCares.com

Lincoln Behavioral Services – Livonia

27521 Schoolcraft Road

Livonia, MI 48150

Main Phone: (734) 293-0151

Lincoln Behavioral Services – Redford

9315 Telegraph Road

Redford, MI 48239

Main Phone: (313) 450-4500

Website: www.LBSCares.com

Lincoln Behavioral Services – Redford

11677 Beech Daly Road
Redford, MI 48239
Main Phone: (313) 937-9500
Website: www.LBSCares.com

Lula Belle Stewart Center

1534 Webb Street
Detroit, MI 48206
Main Phone: (313) 867-2372
Website: <http://www.lulabellestewart.org>

Mental Health Helpline

Main Phone: (866) 289-2641

Metro Counseling Center

1415 Trumbull Street
Detroit, MI 48216
Main Phone: (313) 964-2030
Sliding fee scale available

New Center Community Mental Health

2051 W. Grand Boulevard
Detroit, MI 48208
Main Phone: (313) 961-3200
Website: www.newcentercmhs.org

New Center Community Mental Health North Park Facility

10001 Puritan Street
Detroit, MI 48221
Main Phone: (313) 494-4000

New Oakland Child-Adolescent & Family Center – Livonia

31500 Schoolcraft Road, Suite 100
Livonia, MI 48150
Main Phone: (734) 422-9340

North Central Community Mental Health

17141 Ryan Road
Detroit, MI 48212
Main Phone: (313) 369-1717

North Central Community Mental Health – Adult Services

4321 McNichols Road
Detroit, MI 48212
Main Phone: (313) 369-1717

Northeast Guidance Center Adult Services & Administration

12800 East Warren Avenue

Detroit, MI 48215

Main Phone: (313) 824-8000

Website: www.neguidance.org

Oakland Psychological Clinic, P.C. – Livonia

29865 Six Mile Road, Suite 112

Livonia, MI 48152

Website: www.oakpsych.com

Redford Counseling Center

25945 West Seven Mile Road

Redford, MI 48240

(313) 535-6560

Southeast Michigan Community Alliance

25363 Eureka Road

Taylor, MI 48180

Main Phone: (734) 229-3500

Access to Services: (800) 686-6543

Website: www.semca.org

Southwest Counseling & Development Services

1700 Waterman Avenue

Detroit, MI 48209

Main Phone: (313) 841-8900

Website: www.comnet.org/swcds/

Southwest Counseling & Development Services

St. Leo/New Steps

4800 Grand River Avenue

Detroit, MI 48208

Main Phone: (313) 896-2800

Website: www.comnet.org/swcds/

Starfish Family Services

30000 Hiveley Road

Inkster, MI 48141

Main Phone (734) 728-3400

Website: www.starfishonline.org

St. Mary Mercy Hospital

Department of Behavioral Medicine

36475 Five Mile Road

Livonia, MI 48154

Main Phone: (734) 464-4800

Website: <http://www.stmarymercy.org/services/behavmed.shtml>

The Guidance Center Main Office

13101 Allen Road

Southgate, MI 48195

Main Phone: (734) 785-7700

Website: www.guidance-center.org

University Psychiatric Centers

Main Office

2751 East Jefferson Avenue, Suite 200

Detroit, MI 48207

Main Phone: (313) 993-3434

Website: www.med.wayne.edu/psychiatry/UPC_main.htm

University Psychiatric Center- Livonia

Newburgh Professional Park

16836 Newburgh Road

Livonia, MI 48154

(734) 464-4220

Website: www.med.wayne.edu/psychiatry/UPC_main.htm

Statewide

Michigan Mental Health Networker

Main Phone: (734) 761-8813

Website: www.mhweb.org

Search for Michigan therapists and therapeutic resources

Therapeutic Resources

Main Phone: (888) 331-7114

Search for support groups in Michigan

National/International

1-800-THERAPIST

Main Phone: (800) 843-7274

Live counselors 9AM-5PM refer you to various mental health professionals near you

American Psychological Association

Public Education Line

Main Phone: (800) 964-2000

Live operators available 24 hours/ 7 days a week refer you to local APA board certified psychologists

American Psychiatric Association Answer Center

Main Phone: (202) 682-6000

Live operators available 24 hours/ 7 days a week refer you to local APA board certified psychiatrists

International Hotline

Postpartum Support International Hotline

Main Phone: (800) 881-6580

Main Phone: (805) 682-7529

Knowledge Exchange Network (KEN)

Main Phone: (800) 789-2647

Main Phone: (877) 495-0009

Live operators available 8:30AM-5PM EST to refer you to public mental health clinics near you

National Hopeline Network

Main Phone: (800) 784-2433

Live certified counselors available 24 hours/ 7 days a week to help those in immediate distress

National Mental Health Awareness Campaign

Website: <http://nostigma.org>

Partnership for Prescription Assistance

Website: www.pparx.org/FreeClinicFinder.php

This is a free clinic finder. Go to website and enter zip code and you can find the closest free mental health help in your area.

Postpartum Support International:

The Center for Postpartum Health
20700 Ventura Blvd. #203
Woodland Hills, CA 91364 USA
Main Phone: (818) 887-1312

PPD Moms***Kristin Brooks Hope Center***

615 7th Street NE
Washington, DC 20002
Main Phone: (202) 536-3200
Hotline: (800) 773-6667 or (800) PPD-MOMS
Email: info@hopeline.com
Website: <http://www.1800ppdmoms.org>

The Ruth Rhoden Craven Foundation, Inc. for Postpartum Depression Awareness

1339 Outreach Lane
Mt. Pleasant, SC 29464
Main Phone: (843) 881-2047
Website: <http://www.ppdsupport.org>

Dad-to-Dad: National Organization

Main Phone: (770) 643-5964
Contact to start or join an at-home-dad's club

National Depressive and Manic Depressive Association

Main Phone: (800) 969-6642
Website: <http://www.ndmda.org>

Postpartum Education for Parents

P.O. Box 6154
Santa Barbara, CA 93160
Website: <http://www.sbpep.org>

Postpartum Support International

927 N. Kellogg Ave
Santa Barbara, CA 93160
Main Phone: (805) 967-7636
Helpline: (800) 944-4PPD
Website: <http://www.postpartum.net>

Internet

About.com – Postpartum Depression

<http://pregnancy.about.com/od/postpartumdepress/index.htm>

Center for Postpartum Health

www.postpartumhealth.com

Dad’s Boot Camp

www.newdads.com/PostPartum.htm

Depression After Delivery

www.Depressionafterdelivery.com

Depression and Bipolar Support Alliance

www.dbsalliance.org

Doula World

www.doulaworld.com

Dr. Ivan’s Depression Center

www.psycom.net/depression.central.post-partum.html

Johnson & Johnson

www.duke.edu/~bkc/html/webdoc7.htm

Marce Society (international)

www.wairua.co.nz/marce/

MedEdPPD

www.mededppd.org/mothers/

Medline PLUS

www.nlm.nih.gov/medlineplus/postpartumdepression.html

National Alliance on Mental Illness

www.nami.org

National Institute of Mental Health

www.nimh.nih.gov

National Mental Health Info Center

www.mentalhealth.org

National Women’s Health Info Center

www.4woman.gov/faq/postpartum.htm

Online Postpartum Depression Support Group

www.ppdsupportpage.com

Online Support for Postpartum Mood Disorders

www.ppdsupportpage.com

Pacific Postpartum Support Society

www.postpartum.org

ParentPlace.com – Postpartum Depression Bulletin Board

<http://messageboards.ivillage.com/iv-ppppd>

Pass-Can (Canada)

www.passcan.ca/events.htm

Perinatal Project: Mental Health Advocacy for Mothers

www.perinatalproject.com

Postpartum Dads

www.postpartumdads.org

Postpartum Education for Parents

<http://www.sbpep.org>

Postpartum Online Support Messageboard

<http://rainforest.parentplace.com/dialog/get/newpostdepression11.html>

Postpartum Progress

<http://postpartumprogress.typepad.com>

Postpartum Stress Center

www.postpartumstress.com

Postpartum Support International

www.postpartum.net

Postpartum Support International of Washington

<http://www.ppmddsupport.com/>

The Postpartum Stress Center

<http://www.postpartumstress.com/>

The Ruth Rhoden Craven Foundation, Inc. for Postpartum Depression Awareness

www.ppdsupport.org

Wellmother.com

<http://www.wellmother.com>

Books

Aiken, Cara. *Overcoming Postpartum Depression and Anxiety*.

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

Bennett, S., & Indman, P. *Beyond the Blues – Prenatal & Postpartum Depression*.

Bing, Elizabeth & Colma, Libby. *Laughter and Tears: the Emotional Life of New Mothers*.

Brown, S. & Struck, M.D. *The Post-Pregnancy Handbook*.

Ciaramitaro, Barbara. *Help for Depressed Mothers*.

Cohen, Lee & Nonacs, Ruta. *Mood and Anxiety Disorders During Pregnancy and Postpartum*.

Dalton, K. & Holton, W. *Depression After Childbirth: How to Recognize, Treat, & Prevent Postnatal Depression*.

Dix, Carol. *The New Mother Syndrome*. (Good for clients)

Dunnewold, Ann & Diane Sanford. *Postpartum Survival Guide: It wasn't supposed to be like this...*

Gruen, D. & Gentry, R. *Beyond the Birth: What No One Ever Talks About*.
(Available to moms experiencing PPMD for free; 1-888-404-PPMD)

Hamilton, J.A., & Harberger, P.N. *Postpartum Psychiatric Illness: A Picture Puzzle*.

Honikman, Jane. *I'm Listening: a guide to supporting postpartum families*.

Huysman, Arlene. *A Mother's Tears: Understanding the Mood Swings that Follow Childbirth*.

Huysman, Arlene. *The Postpartum Effect: Deadly Depression in Mothers*

Kendall-Tackett, Kathleen. *The Hidden Feelings of Motherhood: coping with stress, depression, and burnout*.

Kendall-Tackett, Kathleen & Kaufman Kantor, Glenda. *Postpartum Depression: A comprehensive approach for nurses*.

Kleiman, Karen. *The Postpartum Husband: Practical Solutions for Living with Postpartum Depression*.

- Kleiman, Karen. What am I thinking? Having a Baby After Postpartum Depression
- Kleiman, Karen & Raskin, Valerie. This isn't What I Expected.
- Krumbhaar Walls, Ruth. A Positive Approach to Overcoming Postpartum Depression.
- Kushner, Rabbi Harold. When Bad Things Happen to Good People.
- Misri, Shaila Kulkarni. Pregnancy Blues: what every women needs to know about depression during pregnancy.
- Misri, Shaila Kulkarni. Shouldn't I Be Happy? Emotional problems of pregnant women.
- Pacific Postpartum Support Society. Postpartum Depression and Anxiety: A self-help guide for mothers.
- Placksin, Salley. Mothering the New Mother.
- Raskin, Valerie. When Words Are Not Enough.
- Resnick, Susan Kushner. Sleepless Days: one women's journey through postpartum depression.
- Roan, S.L. Postpartum Depression: Every Woman's Guide to Diagnosis, Treatment, & Prevention.
- Rosenberg, Ronald. Conquering Postpartum Depression.
- Sapsted, Anne-Marie. Banishing the Post Baby Blues.
- Sebastian, Linda. Overcoming Postpartum Depression and Anxiety.
- Shields, Brooke. And Down Came the Rain: My Journey Through Postpartum Depression.
- Sichel, D. & Driscoll, J. Women's Moods: What Every Woman Must Know About Hormones, the Brain, and Emotional Health. (*Good for professionals*)
- Timmerman, John H. A Season of Suffering: one families journey through depression.
- Vermont Postpartum Task Force. Life After Childbirth: making it work for you.

Journals & Papers (arranged by publication year)

Segre, L.S., et.al. (2007). The Prevalence of Postpartum Depression; The Relative Significance of Three Social Status Indices. *Social Psychiatry and Psychiatric Epidemiology*. Dordrecht: May 2007. 42(4), 316-322.

Childers, C. (2006). Depression in New Mothers: Causes, Consequences, and Treatment Alternatives. *Physical Therapy*. Washington: Feb 2006. 86(2), 303-305.

White, T., et.al. (2006). Postnatal Depression and Post-traumatic Stress after Childbirth: Prevalence, Course, and Co-Occurrence. *Journal of Reproductive and Infant Psychology*. Chichester: May 2006. 24(2), 107.

Anatares, Andarsa. Reducing the Risk of Postpartum Depression. *Midwifery Today*. 76(Winter 2005), 40-42.

Hitchen, Lisa. Women Offered Longer-Term Postnatal Care are Less Vulnerable to Depression. *Practice Nurse*. Feb 2002. p.50.

Jones, H. W., & Venis, J.A. (2000). Identification and Classification of Postpartum Psychiatric Disorders. *Journal of Psychological Nursing*, 39(12), 23-30.

Kruckman, L., & Smith, S. (1998). An Introduction to Postpartum Illness. *Postpartum Support International* (online: www.chss.iup.edu/postpartum)

Walther, V. N. (1997). Postpartum Depression: A Review for Perinatal Social Workers. *Social Work in Health Care*, 24, 99-111.

Hagen, E. H. (1996). The Functions of Postpartum Depression. Paper presented at the Human Behavior and Evolution Society Annual Meeting. Evanston, IL: Northwestern University.

Gruen, D. S. (1990). Postpartum Depression: A Debilitating yet Unassessed Problem. *Health and Social Work*, 15, 261-270.

Video & DVD

More than Baby Blues: Unmasking Postpartum Depression, by Dr. Ruta Nonacs, MD – 30min

Feel Like Yourself Again: Understanding Postpartum Depression and Other Mood Disorders, RS Productions, PSI Shosanna Bennett & Pec Indman – 24min

Beyond Baby Blues, by Ann Dunnewold, PhD – 17min

Fragile Beginnings, by Jeanne Driscoll, RN – 23 min

Postpartum: A Bittersweet Experience, by Jeanne Driscoll, RN – 27min

Post Partum Aware, by Depression After Delivery, Inc. – 30min

Postpartum Emotions: The Blues and Beyond, by Ann Dunnewold, PhD – 15min