

## Perinatal Mood & Anxiety Disorder Resources

### Resources for Providers:

- <http://mail.ny.acog.org/website/DepressionToolKit.pdf> - ACOG Provider Toolkit and CME
- [www.MedEdppd.com](http://www.MedEdppd.com) – CDC sponsored research, training opportunities, care algorithms and a portal for patients
- [www.womensmentalhealth.org](http://www.womensmentalhealth.org) -The MGH Center for Women’s Mental Health - Reproductive Psychiatry Information Resource Center provides critical up-to-date information for patients in the rapidly changing field of women’s mental health.
- <https://www.mcpapformoms.org> - MCPAP for Moms promotes maternal and child health by building the capacity of providers serving pregnant and postpartum women and their children up to one year after delivery to effectively prevent, identify, and manage depression

### Local Resources:

- Help Me Grow: <http://www.helpmegrowutah.org>
- ~ Screens all callers with the EPDS and makes referrals
- Office of Home Visiting: <http://homevisiting.utah.gov>
- ~ Home visiting services for eligible families support child development
- Early Childhood Utah: <http://childdevelopment.utah.gov>
- ~ Provides a variety of early intervention and developmental services

### Online Resources:

- [www.utahmmhc.com](http://www.utahmmhc.com) - Utah Maternal Mental Health Collaborative. Interagency networking, resource and policy development. See website for many resources, free support groups, etc.
- [www.theemilyeffect.org](http://www.theemilyeffect.org) – story of Emily Cook Dyches, other moms, and resources
- [www.postpartum.net](http://www.postpartum.net) - Postpartum Support International. 2020mom partner and largest perinatal support organization. Resources and training for providers and families. Free support groups, phone, and email support in every state and most countries.

- [www.postpartumprogress.com](http://www.postpartumprogress.com) – by Katherine Stone, member of Postpartum Support International. Most widely read blog in the US on maternal mental health.
- [www.ppdsupportpage.com](http://www.ppdsupportpage.com)– Provides online support groups for women suffering from Pregnancy and Postpartum Mood & Anxiety difficulties.
- <http://www.mmhcoalition.com> -National Coalition for Maternal Mental Health- Social Media Awareness Campaign, ACOG, private & non-profit.
- [www.2020momproject.org](http://www.2020momproject.org) -California Maternal Mental Health Collaborative.
- [www.womensmentalhealth.org](http://www.womensmentalhealth.org) **MGH Center for Women’s Mental Health: Reproductive Psychiatry Resource and Information Center. Harvard Medical School.**
- [www.motherisk.org](http://www.motherisk.org) Medication safety and resources.

#### **Crisis:**

- **University Of Utah Neuropsychiatric Unit Crisis Line (801) 587-3000.** Free confidential support, including a mobile crisis team able to come to a residence when needed

#### **Parenting babies:**

- **Erikson Fussy Baby Network (888) 431-BABY (431-2229)** – Provides both Spanish and English support and advice for parents regarding infant fussiness, crying, and sleep issues

#### **Fathers:**

- [www.postpartummen.com](http://www.postpartummen.com) -This website is for fathers who are experiencing symptoms of postpartum anxiety and depression which is often called Paternal Postnatal Depression

#### **Childcare:**

- **Family Support Center – 801-955-9110 : [www.familysupportcenter.org/](http://www.familysupportcenter.org/)**
- **Family Support & Treatment Center, OREM - 801-229-1181**  
[www.utahvalleyfamilysupport.org/](http://www.utahvalleyfamilysupport.org/)
  - Both agencies provide free 24/7 care for children when parents are overwhelmed (Crisis Nursery).

Info courtesy of The Utah Maternal Mental Health Collaborative – [utahmmhc.com](http://utahmmhc.com)

