***POSTPARTUM DEPRESSION RESOURCES***

*What are the postpartum disorders?*

*For most the symptoms are mild and short-lived; however, 10 to 15% of women develop more significant symptoms of depression or anxiety. Postpartum psychiatric illness is typically divided into three categories:* ***(1) postpartum blues (2) postpartum depression and (3) postpartum psychosis****.*

Free and confidential **HOPEline 1-844-MOM-HOPE (1-844-666-4673)**(calls are returned within one business day) [Mother and Baby Postpartum Depression Treatment Program](http://www.pinerest.org/mother-baby-postpartum-depression-treatment)

* [Postpartum Support International](http://www.postpartum.net/): **1-800-944-4PPD**PSI has more than 250 Support Coordinators around the world. They provide support, encouragement, and resources on the phone and email to pregnant and postpartum moms and families, and help you connect to community or internet resources.
* [PostpartumProgress.com:](http://www.postpartumprogress.com/)A blog that offers in-depth information, support and hope for pregnant and new moms with postpartum depression and all other mental illnesses related to pregnancy and childbirth, including postpartum anxiety, postpartum OCD, depression or anxiety during pregnancy, post-adoption depression, postpartum PTSD, depression after miscarriage or perinatal loss and postpartum psychosis.
* [HelpGuide.org: Postpartum Depression and the Baby Blues:](http://www.helpguide.org/articles/depression/postpartum-depression-and-the-baby-blues.htm) Contains signs and symptoms, risk factors, treatment and a helpful [video](http://www.helpguide.org/articles/secure-attachment/creating-secure-infant-attachment-video.htm) about the importance of creating a secure infant attachment.

**In Person Counseling:**

Postpartum Mental Health of East Texas Kathrine Stanglin LMSW 903-805-0531

**Supplements:**

* SAM-e 400 mg
* Ashwagandha 1000mg
* Magnesium Glycinate 1000mg with Calcium 2000mg
* Omega 3’s 1000 – 2000mg/day, Vitamin D 1000iu/day, Vitamin B12 1000mcg/day

**Things that can lead to Post Partum Depression**

* Medical problems (for example, hypothyroidism, severe nausea and vomiting in pregnancy, or a pregnancy-related medical problem)
* Previous Postpartum Depression
* Nutritional deficiencies (protein, omega-3 fats, iron, vitamin D, to name a few)
* Fatigue from poor sleep
* Blood sugar problems, including both hypoglycemia and elevated blood sugar.
* Lack of support or relationship problems
* Family history of depression
* Inadequate or ineffective coping skills
* Stressful life problems (money, living situation, job stress)
* Food sensitivities or gut dysbiosis (unhealthy changes in the gut flora or microbiome)
* Lack of exercise/movement
* Lack of sunlight or time in nature
* Environmental toxins, for example, heavy metal toxicity, usually from eating too much high mercury fish such as tuna, or hormone mimicking chemicals such as plastics from food packaging and water bottles, to name a few sources.