

Much More Than the “Baby Blues”

The highs and lows often experienced during pregnancy and/or after giving birth, commonly referred to as the “baby blues” (which include mood swings, anxiety, irritability, crying, sleep problems, and sadness) are usually mild and pass quickly. But sometimes those feelings can develop into something more serious. Postpartum Depression is much more intense and lasts much longer.

Postpartum Depression can happen to anyone, regardless of:

Work Status
Marital Status
Number of Children
Mental Health History.

It can happen during pregnancy, directly following birth, or even months later. As many as **80%** of new mothers experience a range of highs and lows during pregnancy and/or following birth. About **20%** of new mothers experience a clinical depression; left untreated, postpartum disorders can last for several months, or even years. Both men and women can experience postpartum depression. When one parent is suffering, certainly, the rest of the family suffers.

Could You Have Postpartum Depression?

Consider the following symptoms as guidelines (if experienced every day, several times a day, reach out)

Sad/Weepy
Isolated/Lonely
Guilt/Shame/Anger/
Resentful/ Anxious/Tense/
Exhausted

Symptoms Requiring Immediate Attention:

Loss of control
Thoughts of hurting yourself
Thoughts of hurting your baby
Scary fantasies
Visual or Auditory hallucinations

Whenever you feel it is continuously difficult to cope with daily tasks and decisions, don't hesitate to ask for some help.

Postpartum Support International Helpline:

1-800-944-4773 www.postpartum.net

Offering a variety of specialized support groups. The Helpline also offers Spanish-language support – press 1 for Spanish. Participants may also text this Helpline. (Spanish-speaking individuals may text 971-420-0294).

MCPAP For Moms

855-666-6272

www.mcpapformoms.org

National Maternal Mental Health

Hotline:

1-833-943-5746

Cape Cod Healthcare Warm Line

508-862-7277

Breastfeeding education and support

The Cape & Islands

Maternal Depression Task Force

Coordinator: Kerry McCarthy

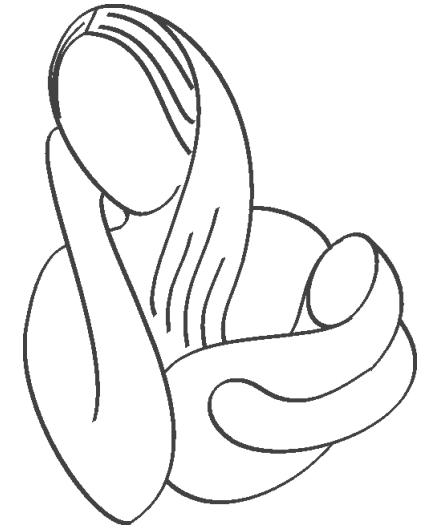
774-251-9136

info@capecodchildrensplace.com



Link to the most current resource list and other comprehensive resources.

<https://capecodchildrensplace.com/cape-islands-maternal-depression-task-force/>



The Cape & Islands
Maternal Depression Task Force

A New Baby Changes Your Life in Every Way

Becoming a parent is a major change that affects every aspect of life. It is normal to feel overwhelmed, uncertain, and sensitive as you learn about motherhood, especially in the first few weeks. However, if the troubles with adjusting to your new role persist, getting information and help as soon as possible will make a big difference in your ability to cope.

COUNSELING, THERAPY & MEDICATION PRESCRIBERS

These providers have been screened by the Task Force; however this is not an exhaustive list of providers or an endorsement of any particular provider.

*Accepting MassHealth, Commonwealth Care

(T) Elaine Moraglia, LICSW
Mashpee, 508-269-2036

(T) Aimee Facchini, MSW, LICSW
Barnstable, 508-360-8578

(T) Ana J. Zick, LMHC
Barnstable, 774-238-2777 (Spanish services as well)

Enlightened Interventions, LLC*
Mashpee, Abigail Kelley-617-688-9920

(T) Deborah Issokson, Psy.D.
Pembroke, 617-314-9571 www.reproheart.com

(T) Peggy Hartman, Psy.D.
(201) 571-1782

(T) Jessica Bois, LMHC
Brewster, 774-722-1769

Martha's Vineyard Hospital
508-696-7294 (info. about therapists, prescribers, and other services)

Nantucket
(T) Christine Smith, LICSW 508-680-6974
Nantucketfamilycounseling.com

(T) MGH Center for Women's Mental Health
admin@womensmentalhealth.org

(T) Wellness for Women Counseling
<https://www.wellnessforwomenscounseling.com/>

(T) = Telehealth Providers

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Women and Infants Day Hospital
www.womanandinfants.org

Warm Line: 800-771-7011

Cape Behavioral Health Center*
Assessments/therapy available throughout Cape, all Masshealth products accepted. Office based therapy and medication management also available. 774-470-2294

NON-THERAPEUTIC SOURCES OF SUPPORT

Free Mom and Baby Groups
Cape Cod Hospital
Contact Alissa Krieger-Dewitt
508-862-5123

New Mom Group-Falmouth Residents:
Contact Shelby Riley, LICSW
Shelbyrileylicsw@gmail.com

Virtual Support Groups:
<https://groupeersupport.org/gps-groups/>

Cape Cod Healthy Families Home visiting programs providing education and support for young moms, dads and children age 26 and under, 508-540-2968

THERAPEUTIC SUPPORT GROUPS

Duffy Health Center-Mariel Bitter, LCSW
Perinatal Mood and Anxiety Support Group
774-487-7934

Postpartum Doulas

1. Krista Sullivan/Birth & Postpartum Doula
Monumental Beginnings Doula
www.monumentalbeginningsdoula.com
2. Shannon Outchunis
Cape Cod Baby
<https://www.capecod.baby/>

Medication Information

1. **Medication and Mother's Milk**
by Thomas Hale (<https://www.medsmilk.com>) Note: The author's website includes information about medications and breastfeeding)
2. lactmed@nih.gov
3. **The Infant Risk Center: 806-352-2519**

OTHER ASSISTANCE

Early Childhood Programs for Families with Prenatal-School Age Children

State-funded programs through MA Dept. of Early Education, Baby groups, Playgroups, Parenting Classes, and support groups.

Barnstable to Provincetown (11 Towns):
Cape Cod Children's Place 508-240-3310

Sandwich:
Sandwich Partnership for Families 508-477-6600x4

Falmouth & Mashpee:
Coalition for Children
508-548-0220x106

Bourne CFCE:
508-743-3800x6751

Martha's Vineyard:
MV Community Services, the Family Network
508-687-9182

Nantucket:
Nantucket Community School,
Early Childhood Education
508-228-7285 x1166

KDC/Early Intervention/Children Birth- Age 3
Services for families with children who have developmental delays or disabilities or who are at risk for these
508-418-5540

Child Care Network of the Cape & Islands
Free info. and referral services about licensed and legally operating child care providers and financial assistance
888-530-2430 or 508-778-9470

Community Action Committee of Cape Cod & the Islands
A variety of assistances including housing and health insurance enrollment
800-845-1999 or 508-771-1727

Family Support Information Line (Cape & Islands)
A free, confidential info. and referral service for families needing help finding resources
508-771-4336

WIC (Women, Infants, and Children) on Cape Cod
A variety of nutritional and support services for pregnant or breastfeeding women and children age 5 or younger
800-942-2445 or 508-771-7896 (Falmouth & Hyannis)