

### **Resources for Perinatal Mental Health**

National Institute for Mental Health-Perinatal Brochure (Signs & Symptoms)

<https://www.nimh.nih.gov/health/publications/perinatal-depression>

Postpartum Support International

<https://psichapters.com/nm/>

Postpartum Depression

<https://www.postpartumdepression.org/resources/>

Share New Mexico

<https://sharenm.org/kassys-kause/perinatal-depression-resource-assistance>

Kassy's Kause: Perinatal Depression Awareness

<https://www.kassyskause.org/the-kause>

Many Mothers: Strengthening Our Families, One Baby at a Time

<https://www.manymothers.org/>

Breath of My Heart Birthplace: Espanola's Community Midwifery Practice

<https://breathofmyheart.org/services/>

Mothers and Babies

<https://www.mothersandbabiesprogram.org/>

<https://www.mothersandbabiesprogram.org/parents/self-care-tips/>

### **Consideration for Other Caregivers:**

Postpartum Support International: Help for Dads (support groups, and crisis help line info)

<https://www.postpartum.net/get-help/help-for-dads/>

Postpartum Support International: Queer & Trans Parents

<https://www.postpartum.net/get-help/queer-parents/>

### **Mindfulness & Self-Compassion:**

Getting Started with Mindfulness: A Toolkit for Early Childhood Organizations

<https://www.zerotothree.org/resources/2896-getting-started-with-mindfulness-a-toolkit-for-early-childhood-organizations>

Fierce Self-Compassion by Kristin Neff

<https://self-compassion.org/fierce-self-compassion/>

Mindfulness Daily Free online Course with Jack Kornfield and Tara Brach

<https://www.soundstrue.com/collections/online-learning>

Self-Compassion Exercises

<https://self-compassion.org/category/exercises/#guided-meditations>

**Articles & Audio:**

Why We Need to Talk More About Male Postpartum Depression

<https://www.parents.com/parenting/dads/sad-dads/>

I Gave Birth, but My Husband Developed Postpartum Depression

<https://www.nytimes.com/2021/07/19/well/mind/men-postpartum-depression.html>

What is Postpartum Depression? Recognizing The Signs And Getting Help, 24-Minute Listen

<https://www.npr.org/2020/01/27/800139124/what-is-postpartum-depression-recognizing-the-signs-and-getting-help>

Black Mothers Get Less Treatment for Their Postpartum Depression

<https://www.npr.org/sections/health-shots/2019/11/29/760231688/black-mothers-get-less-treatment-for-their-postpartum-depression>

Stigma Hinders Treatment for Postpartum Depression 7-Minute Listen

<https://www.npr.org/2011/08/01/138830120/stigma-hinders-treatment-for-postpartum-depression>