

## 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?

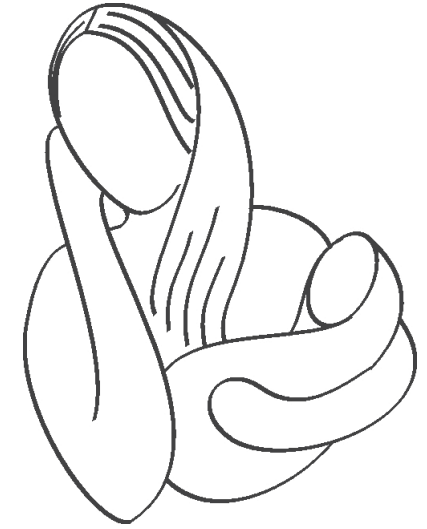
Consider the following symptoms as guidelines (if experienced every day, several times a day, reach out)

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.



**24/7 Stress Line:**  
Parents Helping Parents  
1-800-632-8188

**Postpartum Support International**  
Helpline: 1-800-944-4PPD  
[www.postpartum.net](http://www.postpartum.net)

**MCPAP For Moms**  
855-666-6272  
[www.mcpapformoms.org](http://www.mcpapformoms.org)

**The Cape & Islands**  
**Maternal Depression Task Force**  
Coordinator: Mary Wilson  
508-314-4776  
[marywilsonearlyedconsult@yahoo.com](mailto:marywilsonearlyedconsult@yahoo.com)

## 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

### **Diane Litton, LMHC**

Falmouth Family Counseling, 508-548-2947

### **Aimee Loth Rozum, LMHC, ATR-BC**

East Falmouth, 774-216-6522

### **Elaine Moraglia, LICSW**

Mashpee, 508-269-2036

### **Aimee Facchini, MSW, LICSW**

Barnstable, 508-360-8578

### **Daniel Wyatt, MD\***

Lower Cape: 508-349-3131

### **Betsey Edwards, LICSW**

Marstons Mills, 508-420-1215

### **Ana J. Zick, LMHC**

Barnstable, 774-238-2777 (Spanish services as well)

### **Ann Marie Muller, LMHC\***

Psychiatric Collaborative (medication prescribers)

Brewster/W. Yarmouth, 508-240-7964 x219

### **Carol Nickerson, LICSW**

Chatham, 508-432-5640

### **Kathleen Shine O'Brien, MA, LMHC**

Sandwich, 508-274-4018

### **Enlightened Interventions, LLC\***

Mashpee, Abigail Kelley-617-688-9920

### **Deborah Issokson, Psy.D.**

Pembroke, 617-314-9571 [www.reproheart.com](http://www.reproheart.com)

### **Martha's Vineyard Hospital**

508-696-7294 (info. about therapists, prescribers and other services)

### **Nantucket**

**Nancy Rappaport, LMHC** 508-783-8841

**Christine Smith, LICSW** 508-680-6974

[Nantucketfamilycounseling.com](http://Nantucketfamilycounseling.com)

### **Margaret Howard, PhD.**

### **Women and Infants Day Hospital**

Providence R.I.,

401-274-1122

### **Dr Dina BenDavid**

Primary Care/Women's Health Greater New Bedford

Community Health Center 508-922-6553

### **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, Lorusso Conference Center Fridays 10-12

Contact Ann Macdonald

508-862-5123

### **New Mom Group-Falmouth Residents:** Contact

Catherine Roy, IBCLC :

[catherine@capecodlactationsupport.com](mailto:catherine@capecodlactationsupport.com)

### **Virtual Support Groups:**

<https://grouppeersupport.org/gps-groups/>

### **Heal Like a Mother Support Group:** Contact Erin

Soderstrom (Mom and Survivor): [www.heallikeamother.com](http://www.heallikeamother.com)

**Cape Cod Healthy Families** Home visiting programs providing education and support for young moms, dads and children age 25 and under, 508-540-2968

**Mom-To-Mom Contact:** Erin Soderstrom (Mom and Survivor): 508-317-0467 [erinsoderstrom@gmail.com](mailto:erinsoderstrom@gmail.com)

## Postpartum Doulas

1. Krista Sullivan/Birth & Postpartum Doula

**Monumental Beginnings Doula**

[www.monumentalbeginningsdoula.com](http://www.monumentalbeginningsdoula.com)

2. Shannon Outchunis

**Cape Cod Baby**

<https://www.capecod.baby/>

3. **Erinn Bray**

**By Your Side Doula**

[Erinnbyyourside@gmail.com](mailto:Erinnbyyourside@gmail.com)

## 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](mailto: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:**

Barnstable CFCE: [barnstablecfce123@gmail.com](mailto:barnstablecfce123@gmail.com)

#### **Dennis & Yarmouth:**

ME Small Elementary School: D-Y CFCE

508-778-7988x4

#### **Sandwich:**

Sandwich Partnership for Families 508-477-6600x132

#### **Upper Cape:**

Coalition for Children

Falmouth &

Mashpee

508-548-0151 x172

Bourne CFCE

508-790-0660

#### **Lower/Outer Cape:**

Cape Cod Children's Place

508-240-3310

#### **Martha's Vineyard:**

MV Community Services, the Family Network

508-693-7900 x288

#### **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  
508-418-5521

### **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 (Hyannis)