Peripartum Mental Health Resources

Websites and Videos
Maternal Mental Health Leadership Alliance - https://www.mmhla.org/about-us/
Moms’ Mental Health Matters - https://www.nichd.nih.gov/ncmhep/initiatives/moms-mental-health-matters/moms
Mothertobaby.org - a resource on the use of medications during pregnancy and lactation. https://mothertobaby.org/
National LGBTQIA+ Health Education Center- https://www.lgbtqiahealtheducation.org/
Postpartum International Wisconsin Chapter - https://psichapters.com/wi/#top
Postpartumsex.com - https://www.postpartumsex.com/
Rethinking Your Roots After Motherhood- https://www.alexandrasacksmd.com/podcast
The Birth of a Mother Stories - https://thebirthofamother.org/stories
The Center for Men’s Excellence - https://www.menexcel.com/
Yoga Nidra for Postpartum Mood - https://www.youtube.com/watch?app=desktop&v=X0NmBRI9lCw

Postpartum Books
Dropping the Baby and Other Scary Thoughts by Karen Kleiman
Good Moms have Scary Thoughts by Karen Kleiman
The First Forty Days: The Essential Art of Nourishing the New Mother by Heng Ou
The Fourth Trimester by Kimberly Ann Johnson
Nobody Told Me About That: The First 6 Weeks by Ginger Breedlove, Michelle Michelle, Libby Rosen, Ashley Seematter, and others

Hotlines
The National Maternal Mental Health Hotline- 1-833-943-5746
Postpartum Support International 1-800-944-4773