



**IABLE**

Institute for the Advancement  
of Breastfeeding & Lactation Education



# Peripartum Mental Health Resources

## Websites and Videos

Maternal Mental Health Leadership Alliance - <https://www.mmhla.org/about-us/>

Maternal Mental Health Now - <https://www.maternalmentalhealthnow.org/stories-video-library/>

Moms' Mental Health Matters - <https://www.nichd.nih.gov/ncmhpep/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.lgbtqihealtheducation.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>

Self-Nesting Tools - <https://evolvednest.org/eco-attachment-dance>

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=X0NmBRI9IcU>

## 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