

Recognizing Postpartum Depression

Within the first 3-5 days after delivery, up to 80% of mothers can experience the “postpartum blues”. You may feel restless, irritable, tearful, discouraged, depressed, or helpless due to the emotional letdown and stresses of being a new mother. In most women, “the baby blues” resolves itself within a week or two. If your mood does not improve, you may be experiencing Postpartum Depression (PPD).

Early recognition of PPD can help ensure timely diagnosis and treatment. Please talk with your health care provider as soon as possible if you:

- Feel tired, worried or anxious
- Feel worthless
- Feel irritable or angry
- Feel you are not good enough
- Feel resentment towards your baby
- Have guilty thoughts
- Are unable to sleep or rest properly
- Feel hopeless about the future
- Have frightening thoughts which may include fear of harming your baby **
- Have thoughts of ending your life **

If you're worried about hurting yourself or your baby, go immediately to the nearest emergency room or dial 911

NJ Safe Haven: Don't Abandon Your Baby
Call 1-877-839-2339
www.njsafehaven.org

Taking Care of Yourself

- Make sure you've scheduled your postpartum checkup with your obstetrician, gynecologist, or other health care provider
- Ask for support from family and friends
- Stop putting pressure on yourself to do everything. Do as much as you can and ask for help with chores and nighttime feedings.
- Do not spend a lot of time alone. Get dressed, leave the house and take a walk.
- Spend time alone with your husband or partner
- Talk to your health care provider and your baby's pediatrician about your concerns
- Talk to other mothers and learn how they cope with their feelings
- Join a mothers' support group

Mental Health Resources

New Jersey Postpartum Depression Helpline
“**Speak Up When You're Down**” 24 hours a day 7 days a week. Ask to speak with a postpartum depression staff member. **Hotline:** 1-800-328-3838
Website: www.njspeakup.gov

New Jersey Mental Health Cares
Mental Health Information and Referral
Hotline: 1-866-202-HELP (1-866-202-4357)
Website: www.njmentalhealthcares.org

Postpartum Support International (PSI)
Provides a wealth of information on perinatal mental health. Weekly chats in English and Spanish for mothers and fathers.
Hotline: 1-800-944-4PPD (1-800-944-4773)
Website: www.postpartum.net



Expectant & New Mothers' Support Groups



Bergen, Passaic, Morris & Essex Counties

For more information about groups or to be included in this brochure, please contact:

Northern New Jersey
Maternal/Child Health Consortium
201-843-7400 x 29
www.maternalchildhealth.org



EXPECTANT & NEW MOTHERS' SUPPORT GROUPS LISTING

The advantages of mothers' groups are numerous and often overlooked. Some of the most important benefits are simply the emotional strength provided by having a support system.

The support groups listed include new mothers' groups (groups that provide a shared space for expectant and new mothers to talk about topics relating to motherhood and parenting) as well as support groups for women suffering from postpartum depression. Please call the contact person/number listed first in order to determine if their group is right for you.

BERGEN COUNTY

WOMEN'S WELLNESS GROUP

547 Main St. Hackensack, NJ 07601

Meeting Schedule:

Mondays from 11:00am - 12:30pm (nominal fee)

For more information call: Kimberly Agresta, 201-784-6718

HOLY NAME MEDICAL CENTER - NEW MOMS' GROUP

718 Teaneck Road Teaneck, NJ 07666

Meeting Schedule: 1st and 3rd Thursday at 1:30pm

For more information call: Johanna Gorab, 201-833-3124

THE VALLEY HOSPITAL - POSTPARTUM DEPRESSION SUPPORT GROUP

223 North Van Dien Ave Ridgewood, NJ 07450

Meeting Schedule: 1st and 3rd Wednesday at 11:00am & 2nd and 4th Tuesday at 7:00pm

For more information call: Trudy Heerema, 201-447-8539

ENGLEWOOD HOSPITAL & MEDICAL CENTER- POSTPARTUM DEPRESSION SUPPORT GROUP

350 Engle St. Berrie Conference Room Englewood, NJ 07631

Meeting Schedule: Wednesdays at 1:00pm - 2:30pm

For more information call: Treasa Stanley, 201-894-3784

PASSAIC COUNTY

SAINT JOSEPH'S REGIONAL MEDICAL CENTER - NEW MOMS GROUP

703 Main Street, Seton Building 2nd Floor
in The Giggles Theater Paterson, NJ 07503

Meeting Schedule: Two Wednesdays a month at 10:00am

For more information call:

Audra Burton-Easterbrook, 973-754-3361 or
Lou Ann Damsma, 973-754-3451

PATERSON PUBLIC LIBRARY - PREGNANT AND NEW MOMS GROUP

250 Broadway - The Assembly Room Paterson, NJ 07501

Meeting Schedule: Two Thursdays a month at 2:30pm

For more information call: Martha Amarante, 973-904-0856

MORRIS COUNTY

CHILTON MEMORIAL HOSPITAL- NEW MOMS' GROUP

242 West Parkway Pompton Plains, NJ 07444

Meeting Schedule: 2nd and last Friday of every month at 11:00am

For more information call: Janet Amore, 973-831-5475

SAINT CLARE'S BEHAVIORAL HEALTH CENTER - POSTPARTUM DEPRESSION SUPPORT GROUP

50 Morris Avenue Denville, NJ 07834

Meeting Schedule: 1st and 3rd Tuesdays at 7:00pm

For more information call: 888-626-2111

HOPE HOUSE - WOMEN'S GROUP (not specific to pregnant & new mothers)

19-21 Belmont Ave Dover, NJ 07801

Meeting Schedule: Wednesdays at 9:30am

(Spanish only, no children allowed)

For more information call: 973-361-5555 x 110

ESSEX COUNTY

THE IRVINGTON FAMILY DEVELOPMENT CENTER...A FAMILY SUCCESS CENTER - PREGNANT AND NEW MOMS GROUP

50 Union Avenue, Suite 401

Irvington, NJ 07111

Meeting Schedule:

Mondays at 12:00pm (8-week sessions)

For more information call:

Keba Jackson, 973-372-4353

SAINT BARNABAS AMBULATORY CARE CENTER- NEW MOMS CIRCLE (POSTPARTUM DEPRESSION SUPPORT GROUP)

200 South Orange Avenue

Livingston, NJ 07039

Meeting Schedule: Tuesdays at 10:00 am

For more information call: Lauren Meisels, 973-762-4147

UNIVERSITY OF MEDICINE & DENTISTRY OF NEW JERSEY (UMDNJ) - NEW MOMS GROUP

140 Bergen Street (ACC)

Newark, NJ 07101

Group is only for women who have delivered at UMDNJ.

(Both Spanish and English)

For more information call: Gladys Martinez, 973-972-5458



Last updated in October 2010 by Irina Polanco-Ventura, MA, CHES,
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