

# POSTPARTUM DEPRESSION

# POSTPARTUM DEPRESSION RESOURCES



What you're feeling is real, and it's not your fault.

Postpartum depression affects 1 in 5 new mothers — you are not alone.

Reaching out for help early is one of the most loving things you can do — for yourself and your baby.

## Benefits for you

**Faster recovery**  
Early care shortens the healing journey

**Stronger bond**  
Treatment helps you be present for your baby

**More like yourself**  
You deserve to feel joy and peace again

## Benefits for your baby

**Healthy attachment**  
Secure bonding supports emotional development

**Better sleep patterns**  
A calmer caregiver means a calmer baby

**Language growth**  
More interaction boosts early language skills

**Reduced stress**  
Lower cortisol levels in a settled home

**Breastfeeding support**  
Treatment can help sustain nursing goals

Asking for help is a sign of strength, not weakness.  
Talk to your doctor or midwife — support is available and it works.

*You deserve compassion, care, and effective treatment. Taking the first step to ask for help is a sign of strength.*

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## Your PPD Help Checklist

Take it one step at a time. Every check marks progress.

### Step 1

**Acknowledge how you're feeling**

Say it out loud or write it down: "I'm not feeling like myself, and that's okay."

Do this now

### Step 2

**Tell one trusted person**

A partner, friend, or family member. You don't have to go through this alone.

Do this now

### Step 3

**Call your OB, midwife, or doctor**

Say: "I've been experiencing symptoms of postpartum depression and I'd like an appointment".

They hear this often- you won't surprise them. My doctor's phone number: \_\_\_\_\_

Do this now

### Step 4

**Attend your appointment & ask about treatment options**

Bring a support person if it helps. Be honest about your symptoms- even the scary ones. There are no wrong answers. Therapy, medication, support groups, or a combination- ask what's right for you.

Within this week

### Step 5

**Look into local resources and support**

Your community likely has more support than you know. See our information below.

Explore this week

### Step 6

**Accept help at home**

Let someone else handle meals, laundry, or baby duty while you rest. Accepting help is not weakness. If you don't have anyone, call us so that we can connect you with support.

Ongoing

### Step 7

**Follow your treatment plan**

Take medication as prescribed, keep therapy appointments, and give it time. Healing isn't always linear- that's okay.

Ongoing

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## POSTPARTUM DEPRESSION SUPPORT

Cover the QR Codes that you do NOT want to capture

### ♥ Be gentle with Yourself

You are doing something incredibly hard. Celebrate every small win. You are a good mom.

Every day

## HELPLINES AND HOTLINES

### Pine Rest Psychiatric Urgent Care Center

300 68th Ste SE, Building E, Entrance E1  
Grand Rapids, MI 49548  
-OR- Call 616-455-9200  
Monday-Friday, 8am-6pm

### Pine Rest Pregnancy & Postpartum HOPEline

**1-844-MOM-HOPE (1-844-666-4673)**  
Free and Confidential

### National Maternal Health Hotline

**1-833-TLC-MAMA (1-833-852-6262)**

### Postpartum Support International

**Call 1-800-944-4773 or Text 1-800-944-4773**

### Suicide & Crisis Lifeline

**Call or Text 988**

## COUNSELORS







### Mosaic Counseling

- **Ottawa** County: Call Mosaic Counseling at 616.842.9160. They will schedule a phone "intake" appointment with you and help you find a counselor that is right for you. This saves calling around to several different places and often results in seeing a counselor sooner than just "picking" a provider from the internet.

<https://mosaiccounseling.com/>



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<p><b>Pine Rest</b></p> <ul style="list-style-type: none"> <li>Holland, Zeeland</li> <li>Kalamazoo/Portage</li> <li>Hastings</li> <li>Grand Rapids</li> <li>Teletherapy and Telepsychiatry</li> </ul>	
<p><b>Corewell Health</b></p> <ul style="list-style-type: none"> <li><b>Behavioral health in West Michigan</b> For outpatient care, call 616.447.5820</li> <li><b>Behavioral health in Southwest Michigan</b> For counseling, call 269.429.7727</li> </ul> <p><a href="https://corewellhealth.org/care-and-specialties/behavioral-health/therapy-and-counseling">https://corewellhealth.org/care-and-specialties/behavioral-health/therapy-and-counseling</a></p>	
<p><b>Holland Hospital Behavioral Health</b></p> <ul style="list-style-type: none"> <li>Call 616-355-3926 to schedule an appointment</li> </ul> <p><a href="https://www.hollandhospital.org/find-a-service/behavioral-health-services/outpatient-care">https://www.hollandhospital.org/find-a-service/behavioral-health-services/outpatient-care</a></p>	
<p><b>Trinity Health Mental and Behavioral Health</b></p> <ul style="list-style-type: none"> <li>Find a location by visiting the website.</li> </ul> <p><a href="https://www.trinityhealthmichigan.org/locations?services=2108">https://www.trinityhealthmichigan.org/locations?services=2108</a></p>	
<p><b>Psychology Today Directory of Therapists</b></p> <ul style="list-style-type: none"> <li>Find a Therapist near you</li> </ul> <p><a href="https://www.psychologytoday.com/us">https://www.psychologytoday.com/us</a></p>	
<p><b>Counseling Office Listing (Partial)</b></p> <ul style="list-style-type: none"> <li>Allegan, VanBuren, Barry and Berrien Counties</li> </ul> <p><a href="https://docs.google.com/document/d/1lueZfIKsc_ZHJj4U-IsJGyjFYGqa8LxD/edit?usp=sharing&amp;oid=112770619457462059289&amp;rtopf=true&amp;sd=true">https://docs.google.com/document/d/1lueZfIKsc_ZHJj4U-IsJGyjFYGqa8LxD/edit?usp=sharing&amp;oid=112770619457462059289&amp;rtopf=true&amp;sd=true</a></p>	
<p><b>LOCAL SUPPORT</b></p>	
<p><b>Pine Rest</b></p> <ul style="list-style-type: none"> <li>Mother and Baby Program</li> <li>Online Support Group</li> <li>Psychiatric Urgent Care</li> <li>Outpatient Specialists</li> <li>Therapy &amp; Medication Management</li> <li>Inpatient Hospitalization</li> </ul>	

# POSTPARTUM DEPRESSION RESOURCES

<https://www.pinterest.org/resources/postpartum-depression-anxiety/>



<https://www.pinterest.org/media/Mother-and-Baby-Program.pdf>



## Moms Bloom

- Peer Navigation- Anyone
- In-Home Support: Kent County

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



## Help Me Grow

Central Intake: Call 844-233-2244

[www.helpmegrow-mi.org/](http://www.helpmegrow-mi.org/)



### **Allegan County**

P: 269-512-7775

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



### **Calhoun County**

P: 269-223-9694

<https://helpmegrowcalhoun.org/>



### **Kalamazoo County**

<https://www.helpmegrow-mi.org/kalamazoo>



### **Kent County**

P: 616-632-1003

<https://www.firststepskent.org/helpmegrow>



### **Ottawa County**

P: 844-233-2244

<https://helpmegrowottawa.org/>



# POSTPARTUM DEPRESSION RESOURCES

## Maternal Infant Health Program

- MIHP provides free support for families during pregnancy and infancy.
- <https://www.michigan.gov/mihp/mihp-agency-service-areas-by-county>
- **Eligibility:**
  - Pregnant individuals who are enrolled in, or eligible for, Medicaid insurance.
  - Families of infants under 12 months of age who are enrolled in, or eligible for, Medicaid insurance.



## See the Holland Pediatrics Parenting Support Directory for Parenting Support Groups, Podcasts, Books, Self Care and More!

[https://docs.google.com/document/d/1ijxluz7ZO4hb-mCbz0VV\\_txmwpruvyfLkKGc8gZF\\_RY/edit?usp=sharing](https://docs.google.com/document/d/1ijxluz7ZO4hb-mCbz0VV_txmwpruvyfLkKGc8gZF_RY/edit?usp=sharing)



## FOR DADS

### Information for Fathers & Partners

English:

[https://www.aafp.org/dam/AAFP/documents/patient\\_care/nrn/ppd-information-fathers.pdf](https://www.aafp.org/dam/AAFP/documents/patient_care/nrn/ppd-information-fathers.pdf)

Spanish / Espanol:

[https://www.aafp.org/dam/AAFP/documents/patient\\_care/nrn/ppd-information-fathers-spanish.pdf](https://www.aafp.org/dam/AAFP/documents/patient_care/nrn/ppd-information-fathers-spanish.pdf)



### Maternal Mental Health Leadership Alliance: Resources for Fathers

<https://www.mmhla.org/articles/resources-for-fathers>







### Postpartum Support International

- Support Groups
- Peer Mentor Program
- Chat with an Expert
- Specialized Support Coordinators
- Find a provider.
- App
- Facebook Group just for Dads
- Helpful Resources

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



# POSTPARTUM DEPRESSION RESOURCES

<p><b>West Michigan Perinatal Quality Collaborative- Mental Health Support Videos for Dads</b></p> <p><a href="https://vimeo.com/reviews/bb10a076-e003-48a9-9f94-e17f5eb4087c/users/88609502/folders/26919063">https://vimeo.com/reviews/bb10a076-e003-48a9-9f94-e17f5eb4087c/users/88609502/folders/26919063</a></p>	
<p><b>WEBSITES and INFORMATION</b></p>	
<p><b>Postpartum Support International</b></p> <p><a href="https://postpartum.net/">https://postpartum.net/</a></p>	
<p><b>National Institute of Mental Health</b></p> <p><a href="https://www.nimh.nih.gov/health/publications/perinatal-depression">https://www.nimh.nih.gov/health/publications/perinatal-depression</a></p>	
<p><b>Anxiety &amp; Depression Association of America</b></p> <p><a href="https://adaa.org/sites/default/files/downloads/Postpartum%20PSI%20and%20ADAA%20English.pdf">https://adaa.org/sites/default/files/downloads/Postpartum%20PSI%20and%20ADAA%20English.pdf</a></p>	
<p><b>National Institute for Children’s Health Quality (NICHQ)</b></p> <p><a href="https://nichq.org/resources?_health_topics=maternal-mental-health">https://nichq.org/resources?_health_topics=maternal-mental-health</a></p>	