

# Postpartum Resource Center of New York's

SUGGESTED BOOKS FOR THE MONTH OF MAY'S

MATERNAL MENTAL HEALTH AWARENESS MONTH 2019

*and beyond*



Perinatal Mood and Anxiety Disorders are real illnesses that affect 1 in 10 women during pregnancy and 1 in 5 women after the birth of a child. Symptoms may include:

- crying, sleep problems (insomnia/excessive sleeping), trouble with eating
- anxiety/panic attacks/scary thoughts, feelings of anger/irritability
- overconcern/underconcern for baby
- reliving past trauma, intrusive repetitive thoughts or mental pictures
- feelings of guilt and worthlessness, feeling overwhelmed/unable to cope, loss of interest in things
- fear/thoughts of harming baby or yourself

Education and sharing of resources is critical in helping women and families get to the help they need for perinatal mood and anxiety disorders, including postpartum depression – the #1 medical complication related to childbearing.

For additional information and to learn more about local resources go to [postpartumny.org](http://postpartumny.org) or call Toll free in NYS: 1-855-631-0001

TO INCREASE AWARENESS OF MATERNAL MENTAL HEALTH IN THE YOUR COMMUNITY, BELOW ARE SUGGESTED BOOKS TO READ AND FOR THE LOCAL LIBRARY TO HAVE ON THEIR SHELVES.

*What No One Tells You: A Guide to Your Emotions from Pregnancy to Motherhood*

by Alexandra Sacks, MD and Catherine Birndorf, MD

*Beyond the Blues* by Shoshana Bennett, PhD and Pec Indman, EdD, MFT

*Me Again: How Postpartum Depression and Anxiety Transformed My Life* by Bridget Croteau

*Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers* by Karen Kleiman, MSW

*The Bridesmaid's Daughter: From Grace Kelly's Wedding to a Women's Shelter – Searching for the Truth About My Mother* by Nyna Giles

*Nobody Told Me: My Battle with Postpartum Depression and Obsessive Compulsive Disorder* by Wendy Isnardi

*When Postpartum Packs a Punch: Fighting Back and Bringing Back Joy* by Kristina Cowan

*Birth of a New Brain: Healing from Postpartum Bipolar Disorder* by Dyane Harwood

*Maternity Leave: An New Mother's Guide to the First Six Weeks Postpartum* by Cheryl Zauderer, PhD, CNM, NPP, IBCLC

*Delivery From Darkness: A Jewish Guide to Prevention and Treatment of Postpartum Depression* by Baruch Finkelstein

*A Mother's Climb Out of Darkness: A Story of Overcoming Postpartum Psychosis* by Jennifer Moyer

*Becoming Us* by Elly Taylor

*Transformed by Postpartum Depression: Women's Stories of Trauma and Growth* by Walker Karraa

*Understanding Postpartum Psychosis: A Temporary Madness* by Teresa Twomey

*The Postpartum Husband* by Karen Kleiman

*This isn't what I expected: Overcoming postpartum depression* by Karen Kleiman

*Dropping the baby and other scary thoughts* by Karen Kleiman and Amy Wenzel



Postpartum Resource Center of New York, Inc.  
Perinatal Mood and Anxiety Disorders: Finding the help you need.  
109 Udall Road, West Islip, NY 11795

Toll free State-wide Helpline: 855-631-0001

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*Serving New York State Families Since 1998*

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