

Recognizing Postpartum Depression

Within the first 3-5 days after delivery, up to 80% of mothers can experience the “baby blues”. You may feel restless, irritable, tearful, discouraged, or helpless due to the stresses of being a new mother. For most women, these feelings resolve within the first few weeks, but if your mood does not improve, you may be experiencing Postpartum Depression (PPD).

If you believe you are suffering from PPD, getting help early is very important for you and your family’s wellbeing. 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**

New Mom Tips for Self-Care

- Make sure you’ve scheduled your postpartum checkup with your obstetrician, midwife, or other health care provider.
- Ask for support from family and friends. Consider receiving support in your home from a postpartum Doula.
- Don’t put pressure on yourself to do everything. Ask for help with caring for your baby and household chores.
- Try not to spend a lot of time alone. Have *helpful* family and friends over.
- Get dressed and take a stroll with your baby.
- 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 new mothers’ group or postpartum depression support group for added social support.

Perinatal 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
www.njspeakup.gov

Partnership for Maternal and Child Health of NNJ
Ask to speak to the Perinatal Mental Health Coordinator
973-268-2280 Ext 154 or 156
www.partnershipmch.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)
www.postpartum.net



Partnership for
**Maternal &
Child Health**
OF NORTHERN NEW JERSEY



**A Support Group Listing for
Bergen, Passaic, Morris, Sussex, Union, Warren,
Hudson, Essex and Middlesex Counties**

Contact us at 973-268-2280 x 154 or 156



Bergen County

Hackensack University Medical Center

30 Prospect Avenue, Hackensack, NJ 07601

Every other Wednesday, 2:00pm. Meditation Room, Children's Lobby

Contact person: Esther Reyes, 551-996-2000, ext 71777

The Family Success Center Mommy & Me Group

44 Amory St. Englewood NJ 07631

Tuesdays from 11am—12pm

Contact person: Alana Alleyne 201-568-0817 x 113

Hackensack UMC at Pascack Valley New Moms' Support Group

250 Old Hook Road, Westwood, NJ 07675

Mother and Baby Unit in Family Lounge

Second Wednesday of the month at 11:00 am

Contact person: Tara Daly, 201-781-1207

Holy Name Medical Center New Mom's Group

718 Teaneck Road, Teaneck, NJ 07666

1st and 3rd Thursday at 1:30pm

Contact person: Ann Anderson & Johanna Gorab, 201-833-3124

The Valley Hospital

223 North Van Dien Ave. Ridgewood, NJ 07450

1st and 3rd Wednesday @ 2PM (Call before attending) and every

Tuesday night at 7:00pm, pre-registration preferred.

Contact person: Trudy Heerema 201-447-8539

YMCA of Greater Bergen County

(for Moms with children under 2)

360 Main St. Hackensack, NJ 07601

Fridays 10:00am– 11:30am

Contact person: Gretchen Crocker, 201-487-6600

Essex County

St. Barnabas Medical Center

760 Northfield Ave. West Orange NJ 07052

New Mom's Circle :Mondays 10-11AM registration required

Mommies Moods :Fridays 11A-12:30pm registration required

Contact person: Teresa LaStella, 973-322-5360

Hackensack UMC Mountainside New Moms Group

Glen Ridge Library 240 Ridgewood Ave. Glen Ridge NJ 07042

1st and 3rd Tuesday of the month 10:00am-11:30am

Contact person: Adrienne Villa 973-429-6009

Irvington Family Development Center New Moms Group

50 Union Avenue, Suite 401, Irvington NJ 07111

Wednesdays 12pm-2pm (8 week sessions)

Contact person: Stacy Carter 973-372-4353

Montclair B.A.B.Y. New Moms Wellness Group

113 Walnut St. Montclair NJ 07042

Wednesdays 3:00pm-4:00pm

Contact person: Christy DiBartolo 973-370-0745

University Hospital Being a Mom Club

140 Bergen St. C-level, Newark NJ 07101

2nd Thursday of the month (English) 10Aam-12pm

3rd Thursday of month (Spanish) 10am-12pm

Contact person: Gladys Martinez 973-972-5458

Hudson County

Hoboken University Medical Center

308 Willow Avenue, Assumption Hall, Hoboken NJ 07030

Wednesdays 11:00am

Contact person: Carmen Clark 201-418-1015

Jersey City Medical Center The Mommy's Club

395 Grand Street Jersey City NJ 07302

Every other Thursday 4:00pm-5:30pm, registration required

Contact person: Jenna Whiteside 551-226-0420

Palisades Medical Center New Mothers Group

7600 River Road, North Bergen, NJ 07047

Thursdays from 11am-1pm, 1st floor auditorium

(Confirm before attending)

Contact person: Robin Petrick, 201-295-4823

TANF—TIP Program, Union City : New Mom's Circle

530 48th Street 6th floor, Union City, NJ 07087

One Wednesday a month 11AM-1PM (TANF recipients only.)

Contact person: Theresa Sawyer 201-369-5205

Middlesex County

JFK Medical Center—Postpartum Support Group

65 James Street, Edison, NJ 08818

One Wednesday a month.

Contact person: Donna Weeks, 732-744-5968

Morris County

Chilton Memorial Hospital New Moms Group

97 West Parkway , Pompton Plains, NJ 07444

2nd and last Tuesday of the month, 5-6:30pm

Contact person: Janet Amore, 973-831-5475. Pre-registration required

St. Clare's Behavioral Health -Postpartum Mood Disorders Support Group

50 Morris Ave. Room 320, Denville, NJ 07834

1st and 3rd Thursdays of the month 7-8pm Pre-registration preferred.

Contact person: Rosaelena Klingener 1-888-626-2111

Hope House Women's Group (Spanish only - no children please)

19-21 Belmont Ave. Dover NJ 07801

Wednesdays at 11:00am Contact number: 973-361-5555 x110

Morristown Medical Center New Mothers Support Group

100 Madison Ave. Morristown NJ 07960

Auditorium A, Level B

Fridays 10:00am-11:30am twice a month

Contact person: Sandye Rudnitzky 973-971-6791.

For Spanish group, call Magali Aguilar 1-877-247-9580

The Postpartum Place Postpartum Depression Circle

55 Main St. Chatham NJ 07928

2nd Tuesday of every month (\$10 per session).

Contact person: Maria Parlapiano 973-701-0606

Passaic County

St. Joseph's Regional Medical Center New Moms Group

703 Main Street Paterson, NJ. 07503

Two Wednesdays a month at 10:00am (call before attending)

Contact person: Audra Burton-Easterbrook, 973-754-3361

Union County

Overlook Medical Center New Mothers Group

Outpatient Behavioral Health

46-48 Beauvoir Avenue Summit NJ 07901

Thursdays at 10:30am. Pre-registration required.

Contact person: Patricia Monaghan 908-522-4844

Josephine's Place Mothers Support Group

622 Elizabeth Ave. Elizabeth NJ 07206

2nd and 4th Tuesday of the month 9AM-10AM.

For more Information call: 908-436-0099.

Warren County

Hackettstown Regional Medical Center

New Mothers Support Group

108 Bilby Road Hackettstown NJ 07840

Every first and third Wednesday of each month 9:30am to 11:00am.

Contact person: Yvetale Jerome RN, 908-850-6859

Midwives of New Jersey Mother Care Class

Patriots Plaza, Hackettstown NJ 07840

Tuesday evenings 6:30pm-8:30pm.

Contact person: Natalie Kurzeja 908-509-1801 Registration required.

Last update: 3/2014

Any indiscrepancies?

Call Cathie Vieira at 973-268-2280 x156