

## About Postpartum Mental Health

About 80% of women may experience mood swings and weepiness during the first 2-3 weeks after giving birth which is sometimes called “the baby blues”. This is a normal adjustment period and resolves without any medical assistance. However, if your mood does not improve, you may be experiencing a postpartum emotional complication, such as postpartum depression (PPD) and/or anxiety, which is commonly experienced by 1 out of 7 new mothers.

Getting help early is very important for you and your family’s wellbeing. Please talk with an informed health care provider as soon as possible if you feel the following:

- Tired, worried or anxious
- Worthless
- Irritable or angry
- You are not good enough
- Not bonding with your baby
- Have guilty thoughts
- Are unable to sleep or rest properly
- Are hopeless about the future

**\*\*Please seek help from a mental health professional immediately if you are experiencing the following symptoms\*\***

- Frequent frightening thoughts (also called intrusive thoughts), which may include fear of harming your baby
- Thoughts of ending your life

**If you are experiencing a crisis, please call your health care provider, the NJ Hope Line at 1-855-654-6735 (24/7), 9-1-1 or go to the nearest emergency room so you can receive the help you need and deserve.**

## New Mom Tips for Self-Care

- Make sure you’ve scheduled your postpartum checkup with your obstetrician, midwife, or other health care provider. Talk to them about your feelings.
- 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.
- Shower, 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’s Postpartum Depression Helpline  
“Speak Up When You’re Down”

<http://nj.gov/health/fhs/maternalchild/mentalhealth>

24 Hours a day 7 days a week

1-800-328-3838

Partnership for Maternal and Child Health of NNJ

Ask to speak with a Perinatal Mental Health Coordinator

973-268-2280 Ext 104, 112 or 154

[www.partnershipmch.org/programs/ppd](http://www.partnershipmch.org/programs/ppd)

Postpartum Support International (PSI)

Provides a wealth of information on perinatal mental health. Weekly chats for mothers and fathers.

1-800-944-4PPD or [www.postpartum.net](http://www.postpartum.net)



Partnership for  
Maternal &  
Child Health  
OF NORTHERN NEW JERSEY

## New Mothers’ Support Group Listing in Northern New Jersey



**Whether you’re expecting, are a first time mom or this is your second or third time around, support groups are a wonderful way to build friendships and support with mothers who are sharing your experience.**

Visit [www.partnershipmch.org/programs/ppd](http://www.partnershipmch.org/programs/ppd)  
or call 973-268-2280 Ext 104, 112 or 154  
for support and more information



## BERGEN COUNTY

**Hackensack UMC at Pascack Valley New Moms' Support Group**  
250 Old Hook Rd, Westwood, NJ 07675  
Mother and Baby Unit in Family Lounge  
3rd Wednesday & 2nd Saturday of the month 11:00-12:00pm  
Registration required. Erica Cantatore 877-848-9355

**Holy Name Medical Center New Moms' Group**  
718 Teaneck Rd, Teaneck, NJ 07666  
1st and 3rd Thursday at 1:30pm  
Ann Anderson & Renia Tsigaras 201-833-3153

**The Valley Hospital "Speak Up When You're Down",**  
223 North Van Dien Ave, Ridgewood, NJ 07450  
1st and 3rd Tuesday at 1:00pm (Call to verify schedule) and  
2nd and 4th Tuesday night at 7:30pm  
Please call, Trudy Heerema 201-447-8539

**New Baby, New Emotions Group (Group for Teen Moms)**  
Zoe's Place, Garfield, NJ  
Yvelisse Gonzalez, MSW, LSW 973-268-2280 x 154  
Please call for group schedule & location

## ESSEX COUNTY

**Irvington Family Success Center/Healthy Start Program  
Hope For Mothers\***  
50 Union Ave, Ste 403, Irvington, NJ 07111  
Fridays 10:30-12:30pm, Bilingual in English & Spanish  
Alexandra Peña 973-268-2280 x 112;  
Helene Closeil 973-371-1077

**Saint Barnabas Medical Center**  
JCC Metrowest 760 Northfield Ave, West Orange, NJ 07052  
New Mom's Circle: Mondays 10:00-11:30am registration required  
Mommies Moods: Fridays 11:00-12:30pm  
Lauren Meisels, PHD 973-322-5360

**University Hospital Women to Women**  
140 Bergen St, C-level Newark, NJ 07103  
Every Friday (English) 1:00-2:00pm  
Gladys Martinez 973-972-5458

## HUDSON COUNTY

**Hackensack Meridian Health Palisades Medical Center New  
Mothers' Group** 7600 River Rd, North Bergen, NJ 07047  
Thursdays from 11:00-1:00pm, 1st floor auditorium  
Robin Petrick IBCLC, ICCE or Jessica Cofone, LCSW  
201-295-4823

## HUDSON COUNTY (continued)

**Hoboken University Medical Center  
New Moms' Support Group**  
308 Willow Ave, Hoboken, NJ 07030  
Assumption Hall Every Wednesday 11:00-1:00pm  
Call Carmen Baker-Clark, IBCLC 201-418-2690

## MIDDLESEX COUNTY

**JFK Medical Center - Postpartum Support Group**  
65 James St, Edison, NJ 08818  
2nd Wednesday of the month, 1:00-3:00pm  
Donna Weeks 732-744-5968

## MORRIS COUNTY

**Morristown Medical Center - New Moms Support Group**  
100 Madison Ave, Morristown, NJ 07960  
Simon A Parent Ed Room, Two Fridays a month 10:00-11:30am  
Sandye Rudnitzky, LCSW at 973-971-6791

**St. Clare's Behavioral Health Postpartum & Perinatal  
Mood Disorders Support Group**  
50 Morris Ave, Room 320, Denville, NJ 07834  
1st Wednesday of the month: 9-11:00am, 3rd Wednesday of the  
month:6:30-8:30pm \*For information please call Central Evaluation  
& Referral Services 888-626-2111

## PASSAIC COUNTY

**St. Joseph's Regional Medical Center New Moms Group**  
703 Main St, Paterson, NJ 07503  
Two Wednesdays a month at 10:00am  
Audra Burton-Easterbrook 973-754-3361

## UNION COUNTY

**Overlook Medical Center Postpartum Depression Support Group**  
Outpatient Behavioral Health  
46-48 Beauvoir Ave, Summit, NJ 07901  
Thursdays at 10:30am. Pre-registration required.  
Patricia Monaghan, Ed.S, LMFT, RN 908-522-4844

**Bayway Family Success  
Center - Mom's Circle**  
688 Maple Ave,  
Elizabeth, NJ 07022  
Wednesdays 12:30-  
2:00pm, Bilingual in  
English & Spanish  
Emily Murillo  
908-289-0136



## **Grupos en Español (Groups in Spanish)**

### CONDADO DE BERGEN

**Greater Bergen Head Start Esperanza para Madres\***  
100 Portland Ave, Bergenfield, NJ 07621  
1er y 3er Miercoles del mes (1st & 3rd Wednesday) de 8:45-10:15am  
Diana Cabezas 973-268-2280 Ext. 104

### CONDADO DE ESSEX

**Focus Family Success Center Esperanza para Madres\***  
441-443 Broad St, Newark, NJ 07102  
Los Martes (every Tuesday) 11:30-1:00pm  
Alexandra Peña 973-268-2280 x 112

### **Irvington Family Success Center/Healthy Start Program Esperanza para Madres\***

50 Union Ave, Ste 403, Irvington, NJ 07111  
Los Viernes (every Friday) 10:30-12:30pm, Bilingüe en Ingles y Español  
Alexandra Peña 973-268-2280 x 112; Helene Closeil 973-371-1077

### **University Hospital**

140 Bergen St, C-level, Newark, NJ 07103  
3er Jueves del Mes (3rd Thursday of month) 10:00am-12:00pm  
Gladys Martinez 973-972-5458

### CONDADO DE HUDSON

**Palisades Family Success Center Circulo para Nueva Madres**  
1408 New York Avenue, Union City, NJ 07087  
Los Viernes (every Friday) 10:30-12:00pm Angela Gonzalez 201-758-8792

### **Liberty Family Success Center Circulo Para Nueva Madres**

341 Kearny Avenue, Kearny, NJ 07032  
Please call for schedule (Por favor llamar para el horario)  
Bilingüe en Ingles y Español Esther Silva 201-622-2210

### CONDADO DE MORRIS

**Zufall Wellness Center Esperanza para Madres\***  
18 West Blackwell St, Dover, NJ 07801  
Los Martes (every Tuesday) 9-11:00am (LL Training Room)  
Diana Cabezas 973-268-2280 x104

### CONDADO DE UNION

**Bayway Family Success Center Circulo para Madres**  
688 Maple Ave, Elizabeth, NJ 07022  
Los Miercoles de 12:30-2:00pm, Bilingüe en Ingles y Español  
Emily Murillo 908-289-0136

### **Hillside Family Success Center Esperanza para Madres\***

1100 Woodruff Ave, Hillside, NJ 07205  
Los Miercoles ( Wednesdays) de 11:00-1:00pm, Bilingüe en Ingles y Español  
Diana Cabezas 973-268-2280 x104 o Patricia Peters-Martin 908-409-2962 x2