

About Postpartum Mental Health

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 help- less 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 are experiencing a mental health emergency, please call 1-855-NJ-HOPELINE (654-6735), 9-1-1 or go to the nearest hospital emergency room.

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.
- 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

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



Partnership for
Maternal &
Child Health
OF NORTHERN NEW JERSEY



Support Groups for Mothers 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.

www.partnershipmch.org/programs/ppd

973-268-2280 Ext 104, 112 or 154



BERGEN COUNTY

Englewood Hospital & Medical Center New Mom's Support

Group 350 Engle Street, Englewood, NJ 07631

For group schedule, please call Diana Jones, LCSW at 201-894-3092 or Michelle Brauntuch M.S., CCLS at 201-894-3000 ext. 3635

Hackensack UMC at Pascack Valley New Moms' Support

Group 250 Old Hook Road, 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 Road, 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 Avenue, 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 x154 or

Tisha Mender 201-740-7048 (Please call for group schedule & location)

ESSEX COUNTY

Saint Barnabas Medical Center

JCC Metrowest 760 Northfield Avenue, West Orange, NJ 07052

New Mom's Circle: Mondays 10:00-11:30am registration required

Mommies Moods: Fridays 11:00am-12:30pm

registration required Teresa LaStella 973-322-5360

University Hospital Women to Women

140 Bergen Street, C-level, Newark, NJ 07103

Every Friday (English) 1:00-2:00pm

Gladys Martinez 973-972-5458

HUDSON COUNTY

Hackensack UMC Palisades New Mothers' Group

7600 River Road, North Bergen, NJ 07047

Thursdays from 11:00am-1:00pm, 1st floor auditorium

Robin Petrick IBCLC, ICCE or Jessica Cofone, LCSW 201-295-4823

TANF NJ Healthy Families TIP Program New Mom's Circle

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

Call for Schedule (llamar para el horario) TANF recipients only (recipientes de TANF solamente) Elizabeth Gabriel 201-369-5205 x 3708

MIDDLESEX COUNTY

JFK Medical Center - Postpartum Support Group

65 James Street, 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 Avenue, 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 Avenue, 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 Street, 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 Avenue, 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 Avenue Elizabeth, NJ 07022

Wednesdays 12:30-2:00pm, *Bilingual in English & Spanish*

Opal Montes 908-289-0136

Grupos en Español (Groups in Spanish)

CONDADO DE BERGEN

Greater Bergen Head Start *Esperanza para Madres**

100 Portland Avenue, 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 Street Newark, NJ 07102

Los Martes (every Tuesday) 11:30am-1:00pm

Alexandra Peña 973-268-2280 x 112

University Hospital

140 Bergen Street, 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

Por favor Llamar para el Horario (Please call for schedule)

Angela Gonzalez 201-758-8792

Liberty Family Success Center *Circulo Para Nueva Madres*

341 Kearny Avenue, Kearny, NJ 07032

Los Viernes (every Friday) de 11:00-12:30pm,

Bilingüe en Ingles y Español Pamela Villacis 201-622-2210

CONDADO DE MORRIS

Zufall Wellness Center *Esperanza para Madres**

18 West Blackwell Street, 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 Avenue Elizabeth, NJ 07022

Los Miercoles de 12:30-2:00pm, Bilingüe en Ingles y Español

Opal Montes 908-289-0136

Hillside Family Success Center *Esperanza para Madres**

1100 Woodruff Avenue Hillside, NJ 07205

Los Miercoles (Wednesdays) de 11:30-1:30pm,Bilingüe en Ingles y Español

Diana Cabezas 973-268-2280 x104

Patricia Peters-Martin (908) 409-2962 x 2