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 may resolve with additional support. 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 a good enough mother
- Not bonding with your baby
- Have guilty thoughts
- Are unable to sleep or rest properly
- Are hopeless about the future

**The following symptoms may indicate you are experiencing a mental health crisis and need help immediately**

- Frightening thoughts (may also be 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

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

New Mothers’ Support Groups 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 or call 973-268-2280 Ext 155

NJ Health
New Jersey Department of Health
**BERGEN COUNTY**

Englewood Health—
Emotional Well-being After Pregnancy Support Group
350 Engle St, Englewood, NJ 07631, Childbirth Ed. Classroom
1st & 3rd Tuesday of the month– 11:00-12:00pm.
Registration required. Laura Hollandier, LCSW 201-894-3795

HUMC Pascack Valley New Moms’ Support Group
250 Old Hook Rd, Westwood, NJ 07675
Mother/Baby Unit in Family Lounge
1st & 3rd Thursday of the month 1:00-2:00pm
Call to Register: Erica Cantatore 201-781-1400

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

The Valley Hospital “Speak Up When You’re Down” Group
140 East Ridgewood Ave, Paramus, NJ 07652
1st and 3rd Wednesday at 1:00pm & 2nd and 4th Tuesday night at 7:30pm.
Erin Smith or Terry Grueter 201-477-8539

**ESSEX COUNTY**

Saint Barnabas Medical Center - JCC Metrowest
Group for Mothers 760 Northfield Ave, West Orange, NJ 07052
New Mom’s Circle: Mondays 10:00-11:30am
Mommies Moods: Fridays 11:00-12:30pm
Lauren Meisels, PhD 973-762-4147 or 973-322-5360

The Elephant Panel (Advocacy Group Addressing Depression and Anxiety in Pregnancy and Postpartum)
Montclair State University, Center for Clinical Services
147 Clove Road, Room #1310, Little Falls, NJ 07424
First Friday of Each Month from 7:30—9pm
Caitlyn Undreiner, 973-616-2673
www.facebook.com/groups/ElephantPanel

**Hudson County**

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

Care Point Health Hoboken University Medical Center
New Moms’ Support Group
308 Willow Ave, Hoboken, NJ 07030
Assumption Hall Every Wednesday 11:00am-1:00pm
Carmen Baker-Clark, IBCLC 201-418-2690

**Middlesex County**

JFK Medical Center New Mom Support Group
65 James St, Edison, NJ 08818 (5th Floor Family Suite)
1st & 3rd Thursday of the month, 10:30 am–12:00pm
Sarah Muller-Robbins, MPH, RN, IBCLC -732-744-5982

**Morris County**

Morrison 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
Sandy Rudnitsky, 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: 9:10:00am & 3rd Wednesday of the month: 6:30-8:30pm Call Central Evaluation & Referral Services 888-562-2111

**Passaic County**

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

Passaic WIC Hope for Mothers Group*
333 Passaic Street Passaic, NJ 07055 Thursdays 10:00-11:30am
Bilingual in English & Spanish, Alexandra Peña 973-268-2280 x112

**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

Trinitas Regional Medical Center - Pregnancy & Postpartum Therapeutic Group
654 East Jersey Street, Elizabeth, NJ 07206 Fridays, 12:00-1:00pm. Intake is required before attending group. Please call 908-994-7556

Linden Public Library - Hope For Mothers Group*
31 E Henry Street (3rd floor), Linden, NJ 07036
Every Tuesday from 10:30 – 11:30am
Lauraine Jondah 973-268-2280 x156

**Conducto de Hudson**

Hoboken University Medical Center
760 Northfield Ave, West Orange, NJ 07030
11:00am & 3rd Wednesday of the month: 11:30am
Diana Cabezas 973-268-2280 x104 o Pamela Villacis 201-884-2224

**Conducto de Morris**

Palisades Family Success Center - Moms Circle
668 Maple Avenue Elizabeth, NJ 07202
Mondays 12:30-2:00pm (bilingual in English & Spanish)
Opal Montes 908-289-0136

**Conducto de Union**

Trinitas Regional Medical Center – Grupo de Embarazo y Postparto Terapéutico
654 East Jersey Street Elizabeth NJ 07206
Los Viernes (Fridays) de 1:00-2:00pm
Por favor llamar al (908-994-7556) antes de asistir el grupo*

*Grupos en Español (Groups in Spanish ONLY)

**Conducto de Bergen**

Bergen Family Success Center - Esperanza para Madres *
44 Armony Street, Englewood, NJ 07631 (Pink room)
Los Miércoles 9:30-11:00am (bilingüe en Ingles y Español)
Diana Cabezas 973-268-2280 x104 o Isabel Rincon 201-568-0817 x144

Parameter for revised September 2019