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 helpful family and friends.
- 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/maternalth/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

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**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 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 973-972-5488

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: 9:11-10:00am, 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 07202
Wednesdays 12:30-2:00pm, Bilingual in English & Spanish
Emily Murillo 908-289-0136

Hudson Valley Health Care
1408 New York Avenue, Union City, NJ 07087
Los Miércoles de 12:30-1:30pm, Bilingüe en Inglés y Español
Alexandra Peña 973-268-2280 x 112; Helene Closeil 973-371-1077

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 Inglés 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 973-972-5488

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 Inglés y Español Esther Silva 201-622-2210

CONDADO DE MORAIS
Zufall Wellness Center Esperanza para Madres*
18 West Blackwell St, Dover, NJ 07801
Los Miércoles de 12:30-2:00pm, Bilingüe en Inglés y Español
Emily Murillo 908-289-0136

CONDADO DE UNION
Bayway Family Success Center Circulo para Madres
688 Maple Ave, Elizabeth, NJ 07202
Los Miércoles de 12:30-2:00pm, Bilingüe en Inglés y Español
Emily Murillo 908-289-0136

Hillside Family Success Center Esperanza para Madres*
1100 Woodruff Ave, Hillside, NJ 07205
Los Miércoles (Wednesdays) de 11:00-1:00pm, Bilingüe en Inglés y Español
Diana Cabezas 973-268-2280 x 104 o Patricia Peters-Martín 908-409-2962 x2

Last update March 2018