

# Postpartum Resources

## Organization:

Postpartum Health Alliance-Northern California Chapter  
1 (888) 773-7090 [www.postpartumhealthalliance.org](http://www.postpartumhealthalliance.org)

Postpartum Support International  
(805) 967-7636  
telephone support and international directory of members  
[www.postpartum.net](http://www.postpartum.net)

Depression After Delivery  
(800) 944-4PPD  
[www.depressionafterdelivery.com](http://www.depressionafterdelivery.com)

Postpartum Warmline:  
1 ( 888) 773-7090 (toll free in SF Bay area) 9 AM to 9 PM  
Staffed by trained volunteers who have recovered from  
postpartum mood disorders.

## Support Groups for Postpartum Depression

### San Jose Area

Sharon Storton MA  
(408) 295-4011 x 312

### East Bay

Dr. Shoshana Bennett  
(510) 889-6017

### Peninsula

Jackie Silber MFT  
(650) 559-3402 x 3

## Books:

Beyond the Blues, A Guide to Understanding and Treating  
Prenatal and Postpartum Depression by S. Bennett and P. Indman,  
2003, [www.beyondtheblues.com](http://www.beyondtheblues.com)

Postpartum Survival Guide by A. Dunnewold and D. Sanford, 1994

This Isn't What I Expected by K. Kleiman and V. Raskin, 1994

The Postpartum Husband by K. Kleiman, 2000

Bottlefeeding Without Guilt by P. Robin, 1996