

## Resources for Postpartum Emotional Support

Parenthood is a major life adjustment. Becoming a parent is joyous but it does come with challenges. Be kind to yourself and reach out for support if it is needed.

Some parents may just like to share experiences with other parents, while other parents may benefit from the one on one support of a mental health professional.

In our local area we have many therapists available who specialize in Perinatal Mood Disorders.

**If you find you are struggling, your first step is to consult with your obstetrician or primary care provider.**

**If you feel the need for immediate attention contact the Local Crisis Service: Lenape Valley Foundation  
24 hour hot line at 1-800-499-7455 or 215-345-2273**

**For a Listing of Area Psychologists Specializing in Perinatal Mood Disorders, Visit:**

<https://www.psychologytoday.com/us/therapists/pregnancy-prenatal-postpartum/pa/doylestown>

<https://www.psychologytoday.com/us/therapists/pregnancy-prenatal-postpartum/pa/montgomery-county>



A few **virtual** resources available for you:

### **Doylestown Health Postpartum Mothers' Group**

Join our parent educators along with other postpartum mothers for an opportunity to feel supported, respected, heard and nurtured as you transition to parenthood.

**Zoom meetings every Saturday at 10 am. For more information, email [mrosenblum@dh.org](mailto:mrosenblum@dh.org).**

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### **Doylestown Health Breastfeeding Mothers' Group**

An opportunity to meet other breastfeeding mothers and share experiences. An International Board Certified Lactation Consultant will answer questions and provide assistance with positioning and latching the baby on the breast, breastfeeding multiples, pumping and supplementing, and more.

**Zoom meetings every Thursday at 10 am. For more information, email [jkrauss3@dh.org](mailto:jkrauss3@dh.org).**

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**Postpartum Support International** ([www.postpartum.net](http://www.postpartum.net))

(<https://www.postpartum.net/get-help/psi-online-support-meetings/>)

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**The 4<sup>th</sup> Trimester Project:** (<https://newmomhealth.com/>)

Has a "Meet New Mamas" if you are interested in meeting other mothers on social media.

