

Parenthood and Having a Baby in the NICU

At times the unexpected happens and emotions surface that we find hard to deal with. Some parents may find it helps to talk with other parents who have had a baby in the NICU. Others may prefer the support of a mental health professional during this challenging time.

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 help contact the Local Crisis Service: Lenape Valley Foundation 24 hour hot line at 1-800-499-7455 or 215-345-2273

For a List of Area Psychologists Who Specialize 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.

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.

Postpartum Support International (www.postpartum.net)

This website has a wealth of information as well as a variety of virtual support groups. The groups they have available are:

• NICU Parents	• Black Mamas Matter Support Group
• Pregnancy Mood Support Group	• Pregnancy and Infant Loss
• Military Moms	• Monthly Dad Support Group
• Perinatal (Pregnancy & Postpartum) Mood Support Group	• Desi Chaat: A support group for South-Asian moms

[\(https://www.postpartum.net/get-help/psi-online-support-meetings/\)](https://www.postpartum.net/get-help/psi-online-support-meetings/)

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

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