

RESOURCES FOR POSTPARTUM DEPRESSION

New mothers often have periods of anxiety, sadness and fear. These feelings are most common 3-10 days following delivery. If the “baby blues” don’t go away in 1-2 weeks, it may be postpartum depression. Feel free to call us or make an appointment to talk to your doctor. We also provide the following list of resources:

Postpartum Depression Center of San Antonio

921 Proton, San Antonio, TX 78258
(210) 490-4540 www.ppdcenter.com

Ecumenical Center for Religion & Health

8310 Ewing Halsell, San Antonio, TX 78229
(210) 616-0885 www.echr.org

Methodist Women’s Center

8109 Fredericksburg Rd., San Antonio, TX 78229

Family Services Association

702 San Pedro, San Antonio, TX 78212
(210) 299-2400 www.family-service.org

Jewish Family & Children’s Services

12500 NW Military Hwy., San Antonio, TX 78231
(210) 302-6920 www.jfs-sa.org

2-1-1 Texas

2-1-1 Texas, formerly First Call for Help, is a service for the entire community. 2-1-1 is the new abbreviated dialing code for free, bilingual information and referrals to health and human services and community organizations. 2-1-1 serves as the number to call for information about community organizations, and it links individuals and families to critical health and human services provided by nonprofit organizations and government agencies in the San Antonio community.

Online Resources

www.depressionafterdelivery.com

Books

Beyond The Blues: Prenatal and Postpartum Depression, Shoshana Bennett and Pec Indman (2002)
Postpartum Depression: Every Woman’s Guide to Diagnosis, Treatment and Prevention, Sharon L. Roan (1998)