



RESOURCES FOR MATERNAL DEPRESSION
Compiled by the Cape & Islands Maternal Depression Task Force
Last Update: February 27, 2008

Key: ◇ Accepts public insurance (e.g. MassHealth, Commonwealth Care)

Note to Moms: For most providers, you will leave a message and there will be an unknown delay before you are able to speak with the person directly. **If you wish to speak with someone immediately**, please call the Parental Stress Line: 800-632-8188, a statewide 24-hour hotline staffed by trained parents; or the Cape Cod Psychiatric Assessment Team (PAT): 800-513-4PAT, 24-hour mobile service of local, licensed mental health professionals who can assess your situation and offer referrals.

COUNSELING AND THERAPY

Upper Cape

March DuPont, LICSW

Mashpee: 508-477-3411

Jeannette Hanlon, LICSW, M.Div.

Mashpee: 508-477-5704

Diane Litton, LMHC

Falmouth Family Counseling, Falmouth

◇ Gosnold/Thorne, Mashpee

508-548-2947

Mid-Cape

Betsey Edwards, LICSW

Marstons Mills: 508-420-1215

Susan Cavallerano, LICSW

West Barnstable: 508-362-4141 x120

◇ **South Bay Mental Health Center**

Sandy Stuhr, LICSW

South Yarmouth: 800-244-4691

Lower/Outer Cape

Molly Eldridge, LICSW

Brewster: 508-240-5530

Carol Nickerson, LICSW

Chatham: 508-432-5640

◇ **Psychiatric Collaborative - Brewster**

Contact: Ann Marie Muller, LMHC

508-240-7964 x*219

Capewide

◇ **MSPCC – Hyannis, Falmouth & P-town**

Kathy Fayerberg, MSW

508-775-0275

> Also offers in-home appointments.

MEDICATION PRESCRIBERS

◇ **Kathleen Ecker, APRN**

MSPCC, Hyannis: 508-775-0275

◇ **Psychiatric Collaborative - Brewster**

Contact: Ann Marie Muller, LMHC

508-240-7964 x*219

> Preference for appointments given to clients in counseling with a provider at this practice.

◇ **Ronald Rosso, MD**

South Bay Mental Health Ctr., South Yarmouth
800-244-4691

Louise Stebbins, APRN

Falmouth: 508-540-7042

SUPPORT GROUP - Family members, including babies, are welcome!

Postpartum Support Group at Falmouth Hospital – No Registration Necessary

2nd and 4th Thursday of the month, 1-3 pm

Translation service may be arranged.

For more information, leave a message for:

Linda Sayers, RNC, 508-457-3632

OFF-CAPE THERAPEUTIC RESOURCES

Depression After Delivery Support Group at Jordan Hospital, Plymouth

Contact: Gerri Piatelli, 781-837-4242

Deborah Issokson, Psy.D., Pembroke

617-314-9571; www.reproheart.com

> Also conducts continuing education.

Women & Infants Day Hospital, Providence, RI

Contact: Margaret Howard, PhD.

401-274-1122 x2870

www.womenandinfants.org

> The only U.S. day program for PPD that allows mother and baby to remain together.

Note: The above-listed providers have been screened by the Cape & Islands Maternal Depression Task Force. However, this is not an exhaustive list or an endorsement of any provider(s).

<< Continued on the Reverse >>

NON-THERAPEUTIC SOURCES OF SUPPORT and OTHER ASSISTANCE

Free Moms and Babies Groups Facilitated by Maternal Health Professionals:

- Cape Cod Hospital, Whitcomb Pavilion: Fridays 10 am–Noon, Ann Macdonald, 508-862-5123.
- VNA in South Dennis, 434 Route 134, Suite D: Fridays 10:30 am–Noon, Mary Jo Bradley, 508-435-3737.

MFN Early Childhood Programs – Families with Children Prenatal though Age 3*

State-funded MFNs (Massachusetts Family Networks) offer a variety of free activities, playgroups, parent education classes and workshops, support groups, and other family resources with trained specialists.

*Note: Some of the programs listed below serve families with older children through other funding sources.

Barnstable: Families United Network (F.U.N.), Cape Cod Child Development... 508-775-6240 x512

Lower/Outer Cape: Cape Cod Children's Place.....508-240-3310

Martha's Vineyard (MV): MV Community Services, the Family Network508-693-7900 x280

Nantucket: Community Network for Nantucket Children508-228-7285 x1571

Upper Cape: the Upper Cape Family Network (UCFN)508-548-0151 x172

Mom-to-Mom Support - Local mothers who suffered and survived PPD and share their stories: Jennifer Sheehan, 508-733-2493 or jshee@comcast.net; Elisa Sullivan, elisa@swirlsjewelry.com

Early Intervention – Families with Children Birth through Age 3: 800-974-8860 x450

Services for families with children who have developmental delays or disabilities or who are at risk for these.

Child Care Network of the Cape & Islands: 888-530-2430 or 508-778-9470

Free information and referral services for families seeking licensed child care providers. Also provides information about financial assistance for child care and manages the state's child care subsidy program.

Community Action Committee of Cape Cod & Islands: 800-845-1999 or 508-771-1727

A variety of services including housing assistance and health insurance information and enrollment.

Family Support Information Line: 888-99-CCNSC (22672)

A free, confidential information and referral service for families needing help finding resources.

WIC (Women, Infants and Children) on Cape Cod: 800-942-2445

A variety of nutritional and supportive services for pregnant and breastfeeding women, and children <Age 5.

Voluntary Services Unit of the Department of Social Services: Tim McGill, 508-760-0249

Mothers who are suffering from depression may be eligible for voluntary, state-funded social services.

Off-Cape Resources

- Parental Stress Line, 24-Hour Hotline: 800-632-8188. MA hotline staffed by trained parent volunteers.
- Postpartum Support International, Helpline 1-800-944-4PPD; Website: www.postpartum.net

Information on Breastfeeding and Taking Medication

Medication and Mothers Milk, by Thomas W. Hale, MD

Note: Dr. Hale also has an excellent website on this topic at: <http://neonatal.ttuhscc.edu/lact/index.html>

Selected Literature

A Deeper Shade of Blue: A Women's Guide to Recognizing and Treating Depression in Her Childbearing Years, by Ruta Nonacs, MD, Ph.D (of the MGH Center for Women's Mental Health)

Down Came the Rain: My Journey through Postpartum Depression, by Brooke Shields

Operating Instructions: A Journal of My Son's First Year, by Anne Lamott

This Isn't What I Expected: Overcoming Postpartum Depression, by Karen Kleiman & Valerie Raskin

For information about the Cape & Islands Maternal Depression Task Force (MDTF), please contact MDTF Coordinator Mary Wilson at 508-775-6240 x512 or mwilson@cccdp.org. To update or be included on this list, please contact Jennifer Sheehan at jennifer@capecoalition.com, *thank you*.