

Helpful Websites

POSTPARTUM SUPPORT INTERNATIONAL

<http://postpartum.net>

International network of individuals and organizations whose purpose is to increase awareness among public and professionals about pregnancy- and postpartum-related psychiatric disorders. Provides referrals for group and individual therapy, and for psychiatrists to women with postpartum disorders. Please review the website to find your Orange County Coordinator.

MASSACHUSETTS GENERAL HOSPITAL CENTER FOR WOMEN'S MENTAL HEALTH

www.womensmentalhealth.org

This is a comprehensive website providing information about women's mental health.

MOTHERISK

www.motherisk.org

Canadian organization that provides information on safety and risks of drugs in pregnancy and lactation, and about alcohol and other substance use in pregnancy.

NORTH AMERICAN MENOPAUSE SOCIETY

www.menopause.org

Nonprofit organization promoting women's health during midlife and beyond, with special focus on menopausal health.

POSTPARTUM DAD

<http://www.postpartumdads.org>

This website is intended to help dads and families by providing firsthand information and guidance through the experience of PPD. This site also includes information and resources that can be used by professionals to assist families dealing with PPD.

2020 MOM

www.2020mom.org

This website is dedicated to closing the gaps in maternal mental health care through education, advocacy, and collaboration.