



RESOURCES FOR MATERNAL DEPRESSION

Compiled by the Cape & Islands Maternal Depression Task Force
Last Update: 10/20/09. Online at www.capecoalition.com.

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

Aimee Loth Rozum, LMHC ATR-BC

East Falmouth: 774-216-6522

Mid-Cape

Susan Cavallerano, LICSW

West Barnstable: 508-362-4141 x120

Betsey Edwards, LICSW

Marstons Mills: 508-420-1215

♦ **South Bay Mental Health Center**

Sandy Stuhr, LICSW

South Yarmouth: 800-244-4691

Ana Garcia Zick, LMHC

Barnstable: 774-238-2777

> Bilingual (Spanish)

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

Mary Wright, RNCS

Orleans: 617-686-2295

> *Evaluation and prescriber.*

The Islands – For information about therapists, prescribers & other local resources.

Martha's Vineyard Hospital: 508-696-7294

Nantucket Cottage Hospital: 508-825-8227

Cape-wide

♦ **MSPCC – Hyannis, Falmouth, Orleans and Provincetown:** 508-775-0275

> Also, appointments in a client's home.

MEDICATION PRESCRIBERS

♦ **Kathleen Ecker, APRN**

MSPCC, Hyannis: 508-775-0275

♦ **Psychiatric Collaborative**

Contact: Ann Marie Muller, LMHC

Brewster: 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 GROUPS – Hospice & Palliative Care of Cape Cod has an ongoing Postpartum Depression Support Group for new mothers. Most insurances accepted. No one turned away. Thursdays 10:30-11:30 a.m. in the Hyannis office. Please call Aimee Rozum, LMHC ATR-BC at 508-957-0267.

OFF-CAPE THERAPEUTIC RESOURCES

Depression After Delivery Support Group

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; www.womenandinfants.org

> A day program for PPD that includes baby.

Note: *These providers have been screened by the Task Force. However, this is not an exhaustive list of providers or an endorsement of any particular provider(s).*

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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 through 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 (FUN), Cape Cod Child Development... ..508-775-6240 x512

Lower/Outer Cape: Cape Cod Children's Place508-240-3310

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

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

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

Mom-to-Mom Support - Jennifer Sheehan, 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 about licensed and legally operating child care providers and financial assistance.

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 (Cape & Islands): 888-99-CCNSC (22672)

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

MSPCC - Connecting Families Parent Support Program: 508-775-0275

For new or mothers of children <Age 8: parent education, hands-on-training, resource development at home.

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

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

Voluntary Services Unit of the Department of Children and Families: 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 or this Resource List, please contact coordinator Mary Wilson at 508-775-6240 x512 or mwilson@cccdp.org.