

Perinatal Mood & Anxiety Disorder (PMAD) Resources

Local Resources (WI)

- <u>Postpartum Support International-</u> <u>WI Chapter</u>
- The Periscope Project

Medication Support

- InfantRisk Center
- The Periscope Project
- Antidepressant Medication Chart

Symptom Lists

- Do I Have a PMAD?
- The Symptoms of Postpartum Depression & Anxiety (in Plain Mama English)

Screening Toolkits

- The Periscope Project Provider Toolkit
- How to Institute a Perinatal Mental Health Screening Program
- Edinburgh Scale- multiple languages
- Scary Thoughts Action Algorithm

Informational Videos

- The Motherhood Center | I am Scary Mommy
- Rooted LLC: Perinatal Anxiety & Risk Webinar
- <u>Postpartum Wellness Seeking</u> Treatment

Discussion Tools / Fact Sheets

- Maternal Mental Health Alliance Fact Sheets
- <u>Self Risk Assessment During Pregnancy-</u> <u>The Postpartum Stress Center, LLC.</u>
- Maternal Mental Health Conditions- MMHLA
- Perinatal Depression.Anxiety Info Sheet & Maternal Wellbeing Plan- multiple languages
- New Moms Mental Health Checklist
- <u>Postpartum Support International</u>
 Discussion Tool
- Key Clinical Considerations

Useful For Patients/Clients

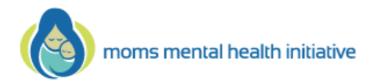
- What Can I Do To Feel Better Now?
- The Postpartum Pact- Helping a Loved One
- The Fourth Trimester Project's My Postpartum

 Plan
- Dads and Depression

Provider Trainings

- <u>Postpartum Support International</u>
 Perinatal Mental Health Certification
- <u>The Postpartum Stress Center</u> <u>Professional Perinatal Training Program</u>
- Seleni CE Training
- <u>Ingram Screening</u>
- The Periscope Project Education Modules





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Moms Mental Health Initiative - Circle of Hope (SE WI Moms)

Group Peer Support

The Motherhood Center Support Groups

The Motherhood Collective

Healing Waters- African American Breastfeeding Network Pregnancy & Infant Loss

