

## About Postpartum Mental Health

Within the first 3-5 days after delivery, up to 80% of mothers can experience the “baby blues”. You may feel restless, irritable, tearful, discouraged, or help- less due to the stresses of being a new mother. For most women, these feelings resolve within the first few weeks, but if your mood does not improve, you may be experiencing Postpartum Depression (PPD).

If you believe you are suffering from PPD, getting help early is very important for you and your family’s wellbeing. Please talk with your health care provider as soon as possible if you:

- Feel tired, worried or anxious
- Feel worthless
- Feel irritable or angry
- Feel you are not good enough
- Feel resentment towards your baby
- Have guilty thoughts
- Are unable to sleep or rest properly
- Feel hopeless about the future
- **Have frightening thoughts which may include fear of harming your baby**
- **Have thoughts of ending your life**

**If you are experiencing a mental health emergency, please call 1-855-NJ-HOPELINE (654-6735), 9-1-1 or go to the nearest hospital emergency room.**

## New Mom Tips for Self-Care

- Make sure you’ve scheduled your postpartum checkup with your obstetrician, midwife, or other health care provider. Talk to them about your feelings.
- Ask for support from family and friends. Consider receiving support in your home from a postpartum doula.
- Don’t put pressure on yourself to do everything. Ask for help with caring for your baby and household chores.
- Try not to spend a lot of time alone. Have *helpful* family and friends over.
- Get dressed and take a stroll with your baby.
- Talk to your health care provider and your baby’s pediatrician about your concerns.
- Talk to other mothers and learn how they cope with their feelings.
- Join a new mothers’ group or postpartum depression support group for added social support.

## Perinatal Mental Health Resources

New Jersey’s Postpartum Depression Helpline  
“Speak Up When You’re Down”

<http://nj.gov/health/fhs/maternalchild/mentalhealth>

24 Hours a day 7 days a week

1-800-328-3838

Partnership for Maternal and Child Health of NNJ

Ask to speak with a Perinatal Mental Health Coordinator

973-268-2280 Ext 104, 112 or 154

[www.partnershipmch.org/programs/ppd](http://www.partnershipmch.org/programs/ppd)

Postpartum Support International (PSI)

Provides a wealth of information on perinatal mental health. Weekly chats for mothers and fathers.

1-800-944-4PPD or [www.postpartum.net](http://www.postpartum.net)



Partnership for  
Maternal &  
Child Health  
OF NORTHERN NEW JERSEY



## Support Groups for Mothers in Northern New Jersey

**Whether you’re expecting, are a first time mom or this is your second or third time around, support groups are a wonderful way to build friendships and support with mothers who are sharing your experience.**

[www.partnershipmch.org/programs/ppd](http://www.partnershipmch.org/programs/ppd)

973-268-2280 Ext 104, 112 or 154



## BERGEN COUNTY

### **Englewood Hospital & Medical Center New Mom's Support**

**Group** 350 Engle Street, Englewood, NJ 07631

For group schedule, please call Diana Jones, LCSW at 201-894-3092 or Michelle Brauntuch M.S., CCLS at 201-894-3000 ext. 3635

### **Hackensack UMC at Pascack Valley New Moms' Support**

**Group** 250 Old Hook Road, Westwood, NJ 07675

Mother and Baby Unit in Family Lounge

3rd Wednesday & 2nd Saturday of the month 11:00-12:00pm

Registration required. Erica Cantatore 877-848-9355

### **Holy Name Medical Center New Moms' Group**

718 Teaneck Road, Teaneck, NJ 07666

1st and 3rd Thursday at 1:30pm

Ann Anderson & Renia Tsigaras 201-833-3153

### **The Valley Hospital "Speak Up When You're Down",**

223 North Van Dien Avenue, Ridgewood, NJ 07450

1st and 3rd Tuesday at 1:00pm (Call to verify schedule) and

2nd and 4th Tuesday night at 7:30pm, Please call, Trudy

Heerema 201-447-8539

### **New Baby, New Emotions Group (Group for Teen Moms)**

Zoe's Place, Garfield, NJ

Yvelisse Gonzalez, MSW, LSW 973-268-2280 x154 or

Tisha Mender 201-740-7048 (Please call for group schedule & location)

## ESSEX COUNTY

### **Pregnancy and Motherhood Circle**

Seventh Moon Midwifery: 691 Valley Road, Montclair, NJ 07043

Last Tuesday of the month from 7-9pm

Alice Tracy 973-476-2449

### **Saint Barnabas Medical Center**

JCC Metrowest 760 Northfield Avenue, West Orange, NJ 07052

New Mom's Circle: Mondays 10:00-11:30am registration required

Mommies Moods: Fridays 11:00am-12:30pm

registration required Teresa LaStella 973-322-5360

### **University Hospital Women to Women**

140 Bergen Street, C-level, Newark, NJ 07103

Every Friday (English) 1:00-2:00pm

Gladys Martinez 973-972-5458

## HUDSON COUNTY

### **Hackensack UMC Palisades New Mothers' Group**

7600 River Road, North Bergen, NJ 07047

Thursdays from 11:00am-1:00pm, 1st floor auditorium

Robin Petrick IBCLC, ICCE or Jessica Cofone, LCSW 201-295-4823

### **TANF NJ Healthy Families TIP Program New Mom's Circle**

530 48th Street, 6th floor, Union City, NJ 07087

Last Wednesday of the month (ultimo miércoles del mes)

de 10:30-11:45am TANF recipients only (recipientes de TANF

solamente) Elizabeth Gabriel 201-369-5205 x 3708

## MIDDLESEX COUNTY

### **JFK Medical Center - Postpartum Support Group**

65 James Street, Edison, NJ 08818

2nd Wednesday of the month, 1:00-3:00pm

Donna Weeks 732-744-5968

## MORRIS COUNTY

### **Morristown Medical Center - New Moms Support Group**

100 Madison Avenue, Morristown, NJ 07960

Simon A Parent Ed Room, Two Fridays a month 10:00-11:30am

Sandye Rudnitzky, LCSW at 973-971-6791

### **St. Clare's Behavioral Health Postpartum & Perinatal**

#### **Mood Disorders Support Group**

50 Morris Avenue, Room 320, Denville, NJ 07834

1st and 3rd Wednesday of the month 6:30-8:00pm \*For information

please call Central Evaluation & Referral Services 888-626-2111

## PASSAIC COUNTY

### **St. Joseph's Regional Medical Center New Moms Group**

703 Main Street, Paterson, NJ 07503

Two Wednesdays a month at 10:00am

Audra Burton-Easterbrook 973-754-3361

## UNION COUNTY

### **Overlook Medical Center Postpartum Depression Support**

**Group** Outpatient Behavioral Health

46-48 Beauvoir Avenue, Summit, NJ 07901

Thursdays at 10:30am. Pre-registration required.

Patricia Monaghan, Ed.S, LMFT, RN 908-522-4844

### **Bayway Family Success Center - New Mom's Circle**

688 Maple Avenue Elizabeth, NJ 07022

Wednesdays at 12:00-2:00pm, *Bilingual in English & Spanish*

Opal Montes 908-289-0136

## **Grupos en Español (Groups in Spanish)**

## CONDADO DE BERGEN

### **Bergen County Head Start *Esperanza para Madres\****

263 Lafayette Avenue, Cliffside Park, NJ

1er y 3er Miercoles del mes (1st & 3rd Wednesday) de 9-10:30am

Diana Cabezas 973-268-2280 Ext. 104

## CONDADO DE ESSEX

### **Focus Family Success Center *Esperanza para Madres\****

441-443 Broad Street Newark, NJ 07102

Los Martes (every Tuesday) 11:30am-1:00pm

Alexandra Peña 973-268-2280 x 112

### **University Hospital**

140 Bergen Street, C-level, Newark, NJ 07103

3er Jueves del Mes (3rd Thursday of month) 10:00am-12:00pm

Gladys Martinez 973-972-5458

## CONDADO DE HUDSON

### **Palisades Family Success Center *Circulo para Nueva Madres***

1408 New York Avenue, Union City, NJ 07087

Los Viernes (every Friday) 10:30-12:00pm

Angela Gonzalez 201-758-8792

### **Liberty Family Success Center *Circulo Para Nueva Madres***

341 Keamy Avenue, Kearny, NJ 07032

Los Viernes (every Friday) de 11:00-12:30pm,

Bilingüe en Ingles y Español Pamela Villacis 201-622-2210

## CONDADO DE MORRIS

### **Zufall Wellness Center *Esperanza para Madres\****

85 Washington Street, Morristown, NJ

Los Jueves (every Thursday) 9-11:00am

Diana Cabezas 973-268-2280 x104

## CONDADO DE PASSAIC

### **Passaic WIC Program *Esperanza para Madres\****

333 Passaic Street, Passaic, NJ 07055

Los Jueves (every Thursday) 10:30am-12:00pm

Alexandra Peña 973-268-2280 Ext. 112

## CONDADO DE UNION

### **Bayway Family Success Center *Circulo para Nueva Madres***

688 Maple Avenue Elizabeth, NJ 07022

Miércoles (Wednesdays) de 12:00- 2:00pm, Bilingüe en Ingles y Español

Opal Montes 908-289-0136

### **Hillside Family Success Center *Esperanza para Madres\****

1100 Woodruff Avenue Hillside, New Jersey 07205

Llame para asistir (Bilingüe en Ingles y Español)

Diana Cabezas 973-268-2280 x104