Contact Information:

Northwestern Medicine Call Center: 312-695-5060 (to cancel, reschedule appt.) or psych@nmff.org
For Emergencies outside of Business Hours

Resources:

Expectant Parent Classes and more at Northwestern Memorial Hospital
- http://classes.nmh.org/listing/expectant-parents

Fussy Baby Network
- http://www.erikson.edu/fussybaby/
  If you’re struggling to care for a baby who is fussy, crying excessively, or has difficulties with sleeping or feeding, contact us. 1.888.431.BABY (2229) for telephone support nationwide.

Grieving from the loss of a child
- www.compassionatefriends.org
- www.centering.org
- www.griefnet.org

OTIS – MotherToBaby
- http://www.mothertobaby.org/
  MotherToBaby, a service of the non-profit Organization of Teratology Information Specialists, is dedicated to providing evidence-based information to mothers, health care professionals, and the general public about medications and other exposures during pregnancy and while breastfeeding. Talk directly to the experts behind the most up-to-date research--toll-FREE: 1-866-626-6847. See the drug “Fact Sheets” on this website.

Perinatal Depression
  perinatal depression booklet provided by Health Resources and Services Admin.
- https://www.dhs.state.il.us/page.aspx?item=30524
  Illinois Department of Human Services
- www.MedEdPPD.org
  A site for both patients and health care professionals, hear directly from women with depression

Postpartum Support
- PSI, Postpartum Support International - www.postpartum.net
- Postpartum Depression Alliance of Illinois - http://www.ppdil.org/

Women’s Mental Health Center at Massachusetts General Hospital (for pregnancy, postpartum, perimenopause, premenstrual dysphoric disorder information)
- https://womensmentalhealth.org/

Menopause

Center for Environmental Therapeutics (light therapy and circadian rhythms)
- www.CET.org

National Institute of Mental Health
- Information on Depression
- Information on Bipolar Disorder:

National Domestic Violence Hotline (24 hours)
- 1-800-799-SAFE (7233)
- 1-800-787-3224 TTY for the Deaf

National Suicide Prevention Lifeline
- 1 (800) 273-8255
  Hours: 24 hours, 7 days a week, Languages: English, Spanish
  Website: www.suicidepreventionlifeline.org
Books:

For depression:
- *Overcoming Depression 3rd Edition* by Demitri Papolos & Janis Papolos; Harper Collins (1997) gives medical information about depression and bipolar disorder. Practical advice is offered to adults about actively participating in their treatment. It also describes new antidepressants and mood-stabilizing medications.
- *Breaking the Patterns of Depression* by Michael D. Yapko; Main Street Books (1998) is a practical self-help book that proposes that depression results from learning maladaptive behaviors rather than biological causes. The book provides concrete problem-solving exercises to guide adult readers through help sufferers stop the cycle of depression by breaking destructive thought and behavior patterns. Also included: case histories to help illustrate points and generate discussion.
- *Cognitive Therapy of Depression* by Aaron T. Beck, A. John Rush, Brian Shaw, & Gary Emery; Guilford Press (1979) is a classic textbook that now represents the foundation of a popular and highly effective treatment for depression. Includes a persuasive description about the reasons that people develop and maintain depression. Also included is a detailed discussion about treatment strategies to change maladaptive patterns to alleviate depression.
- *Undoing Depression: What Therapy Doesn’t Teach You and Medication Can’t Give You* by Richard O’Connor: Berkl ey Publishing Group (1999) is a good book that reminds us that depression is an experience, not to be confused with who we are. The author, a psychotherapist, proposes that knowing the signs of impending depressive episodes will likely to be able to reduce its severity and recurrence, Treatment focuses on modifying thoughts and behaviors to reduce depression.

For panic disorder:
- Barlow, DH, and Craske, MG. *Mastery of your anxiety and panic workbook* - 4th ed Oxford Press, 2006

For excessive worry and general anxiety:
- Burns, D. When panic attacks: *Drug-free anxiety therapy that can change your life*. Morgan Road Books, 2006.
Books Continued:

For avoidance behavior:

For social anxiety and social phobia:
- Burns, D. *Intimate connections*. Signet, 1985

For obsessions and compulsions (OCD):

For posttraumatic stress disorder:
- Hickling, E, and Blanchard, E. *Overcoming the trauma of our motor vehicle accident workbook*. Oxford University Press, 2006.
- National Center for PTSD: [http://www.ncptsd.org/](http://www.ncptsd.org/) This site offers excellent fact sheets about many facets of PTSD, including its effect on relationships, health, specific types of trauma (e.g., rape, motor vehicle accidents) and treatment options. A great deal of research is available on this site (including full-text journal articles).

For stress management:
Books Continued:

Books about Enhancement of Well-Being:

- *A Path With Heart: A Guide Through the Perils and Promises of Spiritual Life* by Jack Kornfield; Bantam Doubleday Dell Pub (© 1993) is an excellent guidebook on living with attentiveness, meditation, and full-tilt compassion. Jack Kronfiled, a Buddhist monk, uses storytelling and everyday metaphors to describe the elusive lessons of spiritual transformation.

- *Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain, and illness*, by Kabat-Zinn, J.; Dell (1990) is an excellent stress reduction program that teaches a full array of mindfulness practices. This book provides an intensive, self-directed approach to conscious living.

- *The Wellness Book: The Comprehensive Guide to Maintaining Health and Treating Stress-Related Illness*, by Herbert Benson & Eileen M. Stuart (Contributor); Fireside (© 1993) is a classic in the field of stress management. It provides a number of useful techniques for managing stress such as guidelines for relaxation training and for balancing exercise, sleep, and nutrition.

Related topics:


General Web Sites:

- American Psychological Association [www.apa.org](http://www.apa.org)
- Internet Mental Health [www.mentalhealth.com](http://www.mentalhealth.com)
- National Alliance for the Mentally Ill (NAMI) [www.nami.org](http://www.nami.org)
- National Depressive and Manic-Depressive Association [www.ndmda.org](http://www.ndmda.org)
- National Foundation for Depressive Illness [www.depression.org](http://www.depression.org)
- National Mental Health Association [www.nmha.org](http://www.nmha.org)
- Suicide Prevention [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)