



Postpartum Psychosis Resources Books, Journalism and Creative Media

Websites

- **Postpartum Support International***
 - Resources include information, a HelpLine (**800-944-4773**) and access to various support services. **NOTE: PSI is not a crisis hotline. If you are currently experiencing a crisis: Call your physician or your local emergency number (911); Text HOME to 741741 from anywhere in the USA; or Call National Suicide Prevention Lifeline 1-800-273-TALK (8255).**
 - **PSI Website Page on Postpartum Psychosis***
 - **PSI Bookstore***
 - **PSI PPP Online Support Group***
 - **PSI List of Intensive Perinatal Psychiatry Programs in the U.S.***
- **Massachusetts General Hospital (MGH)*** Free consultations to medical providers caring for patients with postpartum psychosis.
- **MGH Center for Women's Health*** state-of-the-art evaluation and treatment of psychiatric disorders associated with female reproductive function located at Massachusetts General Hospital.
- **MGH Postpartum Psychosis Project*** A new national research project on postpartum psychosis.
- **MGH Case-based Supervision to Providers Treating Postpartum Psychosis***
- **Action on Postpartum Psychosis** A U.K. network composed of women who have experienced psychosis or bipolar disorder in relation to childbirth. This site includes many helpful resources.
- **Cherished Mom** A program offering educational videos about PMADS and delivery of free self-care boxes to new moms.
- **HealthUnlocked** A U.K. online support network that contains a forum for PPP.
- **Melanie's Battle** A website dedicated to postpartum depression and psychosis in honor of Melanie Stokes.

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Postpartum Support International | 6706 SW 54th Avenue | Portland Oregon 97219

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Facebook

- [Postpartum Psychosis Activism and Advocacy*](#) By-admission. FB page for advocates/activists to share information and coordinate activities. Teresa Twomey, lead Admin.
- [Postpartum Psychosis Forum*](#) By-admission. FB peer-support page for PPP survivors/friends/families. Teresa Twomey* founder and lead Admin.
- [Postpartum Psychosis Survivors*](#)

Twitter

- [@Postpartum Help*](#) – Twitter handle of PSI

First-Person Accounts

Books

- Burling, Angela D.* [“Moving Out of Darkness.”](#) In [Motherhood, Mental Illness and Recovery: Stories of Hope](#), edited by Nikole Benders-Hadi and Mary E. Barber, 127-133. New York: Springer International Publishing, 2014.
- Cho, Catherine. [Inferno: A Memoir of Motherhood and Madness](#). New York: Henry Holt and Company, 2020.
- Halvorson, Shirley. [Beth: A Story of Postpartum Psychosis](#). Bloomington: First Books Library, 2004. (A mother’s story of her daughter’s tragic postpartum suicide.)
- Moyer, Jennifer Hentz. [A Mother's Climb Out of Darkness](#). Amarillo: Praeclarus Press, 2014.
- Tompkins, Angela. [Insanity's Shoes: My Running Trip Through Postpartum Psychosis](#). CreateSpace Independent Publishing Platform, 2015.
- Townsend, Sarah C.* [Setting the Wire: A Memoir of Postpartum Psychosis](#). Chicago: The Lettered Streets Press, 2019.
- Twomey, Teresa M.* with Shoshana Bennett. [Understanding Postpartum Psychosis: A Temporary Madness](#). Westport: Praeger Publishers, 2009.

Magazine and Newspaper Articles

- Dembosky, April. ["Unthinkable,"](#) *Mother Jones*, February 2020.
- Nunn, Gary. ["I thought the staff were trying to kill me: the illness that can haunt new mothers,"](#) *The Guardian*, August 2019.

Personal Essay

- Abramson, Lisa. ["Giving Birth Landed Me in the Psych Ward,"](#) *The New York Times*, September 2019.
- LaSusa, Danielle.* ["White Noise,"](#) *Literary Mama*, September 2017.
- Siegl, Olivia. ["I Didn't Know Motherhood Could Have a Dark Side Until I Saw Demons Trying to Kill My Baby,"](#) *PSI Blog*,* June 2019.

Video and Audio Recordings

- [Carol Blocker](#) speaking about Postpartum Psychosis, *PSI PSA*.*

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- **Motherhood and Mental Illness** KQED, Mina Kim interview with Angela Burling,* Diana Barnes,* April Dembosky and Michelle Oberman. February 2020.
- **My Postpartum Psychosis Personal Story** Produced by Action on Postpartum Psychosis.
- **Playing Monopoly with God** A nonfiction storytelling performance by Melissa Bangs, January 2018.
- **Postpartum Depression and African American Community** PSI PSA.*
- **Postpartum Psychosis--Katy's Story** Recorded in the U.K., June 2019.
- **Postpartum Psychosis Made Me Hallucinate My Dead Mother** This Morning (U.K.), November 2016.
- **She Wanted To Be The Perfect Mom, Then Landed In A Psychiatric Unit** NPR, April Dembosky article and broadcast interview of Lisa Abramson, January 2019.
- **Understanding Postpartum Psychosis** TEDx Talk by Rachael Watters, March 2019.
- **What Is Postpartum Psychosis?** TEDx Talk by Teresa Twomey,* August 2013.

Documentary Films

- **Not Carol.*** A documentary about Carol Coronado and a tragic outcome of psychosis, 2019.
- **When the Bough Breaks.** A documentary about postpartum depression, narrated and executive produced by Brooke Shields, 2015

Novels

- Gerdes, Sharon.* **Back In Six Weeks: A Novel.** SKG Press, 2014.
- Goodman, Carol. **The Other Mother: A Novel.** New York: William Morrow, 2018.
- O'Brien, Maureen. **Purgatory Behind the Wire.** Booklocker Press, 2007
- Spears, Karen. **Mother of Rain.** Macon: Mercer University Press, 2013.

Performance Art

- **Playing Monopoly with God** A nonfiction storytelling performance by Melissa Bangs, January 2018.

Short Story

- Gilman, Charlotte Perkins. **The Yellow Wallpaper.** Eastford: Martino Fine Books, 2018. (First published 1892).

TEDx Talk

- **Understanding Postpartum Psychosis** TEDx Talk by Rachael Watters, March 2019.
- **What Is Postpartum Psychosis?** TEDx Talk by Teresa Twomey,* August 2013.

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On Postpartum Psychosis

Books

- Marland, Hilary. **Dangerous Motherhood: Insanity and Childbirth in Victorian Britain**. London: Palgrave Macmillan, 2004.
- Twomey, Teresa M.* and Gina Wong. “**Postpartum Psychosis: A Mother of Madness**” chapter in **Moms Gone Mad: Motherhood and Madness, Oppression and Resistance**. Toronto: Demeter Press, 2012
- Twomey, Teresa M.* with Shoshana Bennett. **Understanding Postpartum Psychosis: A Temporary Madness**. Westport: Praeger Publishers, 2009.

Essays

- Twomey, Teresa.* **On The Big Bad Wolf of Postpartum Mood Disorders**, Postpartum Progress Blog, May 9, 2010.

Journal Articles

- Spinelli, Margaret.* **Postpartum psychosis: a diagnosis for the DSMV**. Arch Womens Ment Health. 2021 Sep 8.

On Postpartum Mood & Anxiety Disorders, Including Psychosis

Books

- Barnes, Diana Lynn,* ed. **Women's Reproductive Health Across the Lifespan**. New York: Springer International Publishing, 2014.
- Bennett, Shosana S. and Pec Indman. **Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postnatal Depression & Anxiety**. Untreed Reads Publishing, 5th ed., 2019
- Bennett, Shoshana S. **Postpartum Depression for Dummies**. Hoboken, NJ: Wiley Publishing, Inc., 2007.
- Dix, Carol. **The New Mother Syndrome: Coping with Postpartum Stress and Depression**. New York: Doubleday, 1985.
- Dunnewold, Ann L. **Evaluation and Treatment of Postpartum Emotional Disorders**. Sarasota, Florida: Professional Resource Press, 1997.
- Poulin, Sandra. **The Mother-to-Mother Postpartum Depression Support Book**. New York: The Berkley Publishing Group, 2006.
- Quatraro, Rosa Maria and Pietro Grussu. **Handbook of Perinatal Clinical Psychology**. Routledge, 2020
- Sichel, Deborah and Jeanne Watson Driscoll. **Women's Moods: What Every Woman Must Know About Hormones, the Brain, and Emotional Health**. New York: William Morrow and Company, Inc., 1999.

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On Infanticide and Filicide

Books

- Burling, Angela D.* **“Moving Out of Darkness.”** In **Motherhood, Mental Illness and Recovery: Stories of Hope**, edited by Nikole Benders-Hadi and Mary E. Barber, 127-133. New York: Springer International Publishing, 2014.
- Goc, Nicola. **Women, Infanticide and the Press 1822-1922: News Narratives in England and Australia.** New York: Routledge, 2016.
- Meyer, Cheryl L. and Michelle Oberman. **Mothers Who Kill Their Children.** New York: New York University Press, 2001.
- Spencer, Suzy. **Breaking Point.** New York: Diversion Books, 2002, 2015.
- Spinelli, Margaret.* **Infanticide: Psychosocial and Legal Perspectives on Mothers Who Kill.** Washington, DC: American Psychiatric Publishing, 2003.
- Wong, Gina and George Parnham, eds. **Infanticide and Filicide: Foundations in Maternal Mental Health Forensics.** Washington, DC: American Psychiatric Association Publishing, 2021.

Film

- **Not Carol.*** A documentary about Carol Coronado and a tragic outcome of psychosis, 2019.

Journal Articles

- Barnes, Diana Lynn.* **Towards a new understanding of pregnancy denial: the misunderstood dissociative disorder.** *Arch Womens Ment Health.* 2021 Aug 15. doi: 10.1007/s00737-021-01176-7. Epub ahead of print. PMID: 34392438.

Magazine and Newspaper Articles

- Dembosky, April. **"Unthinkable,"** *Mother Jones*, February 2020.
- Sweeney, Annie. **Prosecutors and judge agree that after 20 years in prison, mother deserves mercy and a new shot at life.** *The Chicago Tribune*, March 2021.

Video and Audio Recordings

- **She Killed Her Children. Can We Forgive Her?** KQED, April Dembosky article and broadcast on Carol Coronado's story.

On Legal and Legislative Issues

Books

- Feingold, Susan* and Barry Lewis. **Advocating for Women with Postpartum Illness: A Guide to Changing the Law and the National Climate.** Lanham: Rowman & Littlefield Publishing, 2020.
- Meyer, Cheryl L. and Michelle Oberman. **Mothers Who Kill Their Children.** New York: New York University Press, 2001.
- Spinelli, Margaret.* **Infanticide: Psychosocial and Legal Perspectives on Mothers Who Kill.** Washington, DC: American Psychiatric Publishing, 2003.

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- Wong, Gina and George Parnham, eds. **Infanticide and Filicide: Foundations in Maternal Mental Health Forensics**. Washington, DC: American Psychiatric Association Publishing, 2021.

On Medication and Breastfeeding

Resources for Medications in Pregnancy and Breastfeeding

- **MotherToBaby** (866) 626-6847. Confidential, and no-cost information about medications and other exposures during pregnancy and breastfeeding by phone, text, email and chat.
- **InfantRisk Center** (806) 352-2519. A free call center at the Texas Tech University School of Medicine, Department of Pediatrics serving parents or providers with questions about medications and breastfeeding.
- **Center for Women's Mental Health at Massachusetts General Hospital (MGH)*** Website providing resources and information. On-site evaluation and treatment of psychiatric disorders associated with female reproductive function.
- **MGH Case-based Supervision to Providers Treating Postpartum Psychosis*** Free consultations to medical providers caring for patients with postpartum psychosis.
- **Reprotox** An information system developed by the Reproductive Toxicology Center. Contains summaries on the effects of medications, chemicals, infections, and physical agents on pregnancy, reproduction, and development.
- **Drugs and Lactation Database (LactMed)** Drugs and lactation database. Contains information on drugs and other chemicals to which breastfeeding mothers may be exposed.
- **E-Lactancia** A free online source in Spanish and English for information about the compatibility of medications with breastfeeding.

Books

- Bennett, Shoshana. **Pregnant on Prozac: The Essential Guide to Making the Best Decision for You and Your Baby**. Guilford: Globe Pequot, 2009.
- Hale, Thomas W. **Hale's Medications & Mother's Milk 2021: A Manual of Lactational Pharmacology--An Essential Reference Manual on the Transmission of Medicine into Breast Milk**. New York: Springer International Publishing, 2021.

On Parental Leave

Books

- Beacom, Amy. **The Parental Leave Playbook: 10 Touchpoints to Transition Smoothly, Strengthen Your Family, and Continue**. New York: Wiley Press, 2021

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On Women and Mental Illness

Books

- Chesler, Phyllis. **Women and Madness**. New York: Palgrave MacMillan, 2005. (First published 1970.)
- Wong, Gina, ed. **Moms Gone Mad: Motherhood and Madness, Oppression and Resistance**. Toronto: Demeter Press, 2012

Practitioner and Researcher-Oriented

Books

- Cox, Elizabeth. **Women's Mood Disorders: A Clinician's Guide to Perinatal Psychiatry**. New York: Springer International Publishing, 2021.
- Hale, Thomas W. **Hale's Medications & Mother's Milk 2021: A Manual of Lactational Pharmacology--An Essential Reference Manual on the Transmission of Medicine into Breast Milk**. New York: Springer International Publishing, 2021.
- Hamilton, James Alexander and Patricia Neel Harberger, eds. **Postpartum Psychiatric Illness: A Picture Puzzle**. Philadelphia: University of Pennsylvania Press, 1992.
- Robinson, Gail Erlick, Carol C. Nadelson and Gisele Apter, eds. **Postpartum Mental Health Disorders: A Casebook** by Group for the Advancement of Psychiatry Committee on Gender and Mental Health. Oxford: Oxford University Press, 2020.

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