

## **Postpartum Depression Resources:**

- **Call your doctor.**
- **Call the Postpartum Emotional Support Program** at 391-1771. Services that are available include: speaking with a nurse within 24 hours- telephone support from trained women who have recovered from postpartum emotional disorder.
- **“This isn’t What I Expected” Support Group.** Meets at 8 p.m. first and third Tuesdays of the month at Spectrum Health-Healthier Communities. 320 Michigan St. NE. Free. No registration required. Babies and “support persons” welcome. Call 391-5000.
- **Call Network180 Crisis Help Line** at (800) 749-7720 for referral and counseling services for the uninsured and Medicaid recipients