

Postpartum Resources

Breastfeeding online resources:

1. Free breastfeeding informational videos - <https://firstdroplets.com/>
2. Free online breastfeeding preparation class- <https://www.tinyhood.com/>
3. Northside- <https://www.northside.com/breastfeeding>
4. Kellymom- <https://kellymom.com/>
5. Nancy Mohrbacher's youtube channel- <https://www.youtube.com/channel/UC9gWohP43VRtTfDzjv50Oyw>

General postpartum support including information on healing, breastfeeding, and pelvic issues

1. 4th Trimester project: <https://newmomhealth.com/>

Postpartum depression resources:

1. Postpartum support international- <https://psichapters.com/ga/>- online support groups, resources, provider directory
2. Northside hospital- <https://www.northside.com/behavioralhealth>
3. Postpartum info website and blog- <https://postpartumprogress.com/>

Postpartum depression therapists and psychiatrists:

1. Cassie Owens- <http://www.postpartumatlanta.com/>
2. Dr. Amy Hostetter 678-883-6096
3. Dr. Karen Padron 404-922-0024
4. Heather Youngblood- <https://perimetertherapy.com/>
5. Grow counseling- <https://growcounseling.com/>
6. Online- Erica Djossa, psychotherapist- <https://happyasamother.co/>
7. Online- Dr. Ashurina Ream, psychologist-<https://www.psychedmommy.com/>

Crisis Lines:

1. National crisis text line- Text HOME to 741741 from anywhere in the USA, anytime, about any type of crisis
2. Postpartum support international help line- call 1-800-944-4773(4PPD) or send text message to 503-894-9453(English), 971-420-0294(Espanol)
3. National suicide prevention hotline 1-800-273-8255