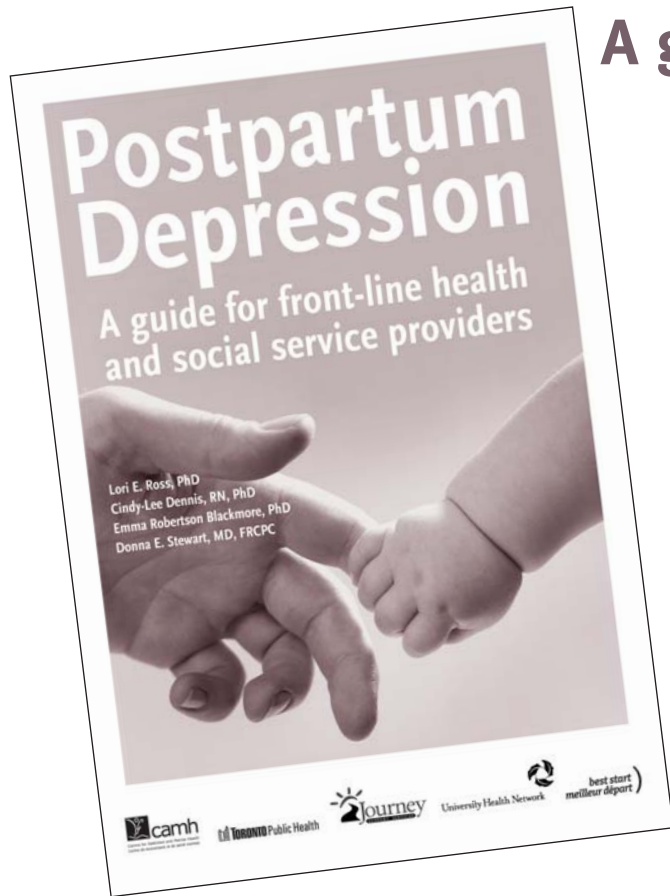


# Postpartum Depression

## A guide for front-line health and social service providers

**Lori E. Ross, PhD, Cindy-Lee Dennis, RN, PhD,  
Emma Robertson Blackmore, PhD  
and Donna E. Stewart, MD, FRCPC**



Some of the questions answered in this guide include:

- What is PPD and how common is it?
- What causes PPD and what risk factors have been associated with it?
- Why does PPD often remain undetected?
- What can service providers do to prevent PPD in the mothers they work with?
- What treatments are likely to be effective for PPD?
- When and where should a woman be referred for assessment and/or treatment?
- How does PPD affect a woman's partner, family, infant?
- What strategies can be used to ensure that the needs of all women who require PPD treatment are met?
- What self-care strategies can service providers recommend to postpartum women?

### CONTENTS

- Chapter 1 Clinical Overview
- Chapter 2 Risk Factors
- Chapter 3 Detection and Screening
- Chapter 4 Prevention
- Chapter 5 Treatment
- Chapter 6 Making Referrals for Assessment and Treatment
- Chapter 7 Impact on the Family
- Chapter 8 Issues for Specific Populations of Postpartum Women
- Chapter 9 Self-Care Strategies for Postpartum Women
- Chapter 10 Case Studies
- Chapter 11 Women's Stories of Recovery
- Glossary
- References
- List of resources

### Who Is This Guide For?

This guide is for front-line health and social service providers who work with pregnant women or new mothers. The guide will be particularly helpful to public health and other nurses, new moms' group leaders, lactation consultants, midwives, doulas, family doctors or GPs, and obstetrician-gynecologists.

### What Is This Guide About?

This guide answers key questions that front-line workers may have about postpartum depression (PPD). It presents the most up-to-date research and offers practical, usable advice based on that research, and on clinical experience. It also addresses issues of diversity and provides a uniquely Canadian perspective.

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