



Postpartum Depression: A guide for front-line health and social service providers

Lori E. Ross, Cindy-Lee Dennis

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This practical and evidence-based guide on postpartum depression (PPD) includes the best and most current studies to date on PPD as well as practical experience from the field.

Postpartum Depression was specifically developed to meet the needs of front-line health and social service providers who work with women during pregnancy and the postpartum period. It provides a unique Canadian perspective and covers diversity issues in more depth than other resources.

The guide aims to help front-line workers identify PPD and support women and their families in getting the help they need.

It includes information on:

- risk factors for developing PPD
- detection of and screening for PPD
- prevention
- treatment options
- referral to assessment and treatment
- support for family members
- self-care for women
- diversity issues regarding PPD.

It also includes several illustrative case studies.

The guide is the result of a partnership between CAMH, Journey Support Services, the University Health Network, Best Start and Toronto Public Health.

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