

### 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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