



Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety

Shoshana Bennett, Pec Indman

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Newly updated in 2010, *Beyond the Blues* contains the current information about risk factors, diagnosis, treatment options, and prevention of mood disorders in pregnancy and postpartum. Included is the most up-to-date research about medication use in pregnancy and in breast milk. Straightforward yet compassionate, it is required reading for all who work with pregnant and postpartum women, as well as for those suffering before or after the baby is born. This book is being used by the US Navy, Spectrum Health in Michigan, Durham Regional Health Department of Canada, New York State Department of Health, Broward Healthy Start Coalition of Florida, Clarian Health in Indiana, the International Childbirth Education Association, and many other organizations. This book is recommended by the United States Department of Health and Human Services, and by actress Brooke Shields. A newly updated section for fathers/partners explains how to support an ill wife, as well has a discussion of how you, as a dad/partner may be feeling. This book tells how to screen for a trained healthcare provider, and discusses the variety of health and mental health care providers and their differences.

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