



AVAILABLE FROM

# Pacific Post Partum Support Society: *Postpartum Depression and Anxiety* *A Self-Help Guide for Mothers*

The *Self Help Guide*, available in English and French, contains information on:

- What is postpartum depression?
- Why me?
- What helps one get through it?
- Getting help from professionals.
- The recovery process.
- Resources.

### Who should use this Guide?

This is a practical guide for mothers who are experiencing postpartum depression and anxiety. The book is based on the experiences of thousands of women and it describes what has helped them get through this difficult time.

It is regarded as an invaluable guide for mothers, families and those involved in postpartum care.

Here's what a few people have had to say about our famous "little purple book":

"At last! A book about postpartum depression which is sensible, practical and informative."

-- Sue Penfold, MB., FRCP

"For women experiencing postpartum depression, the *Self-Help Guide for Mothers* is an essential first line aid."

--Gabor Mate, M.D.

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