

# Brooklyn PPD Support

[www.brooklynppdsupport.org](http://www.brooklynppdsupport.org)

Chris Lindsay-Abaire, PCD, (DONA)  
(917) 771-6359 / motherthemother.chris@yahoo.com

Molly Peryer, MSW  
(917) 549-6012 / molly@peryer.org

The Brooklyn PPD Support Group is a free, twice monthly meeting for pregnant and postpartum women who are experiencing symptoms of depression, anxiety, psychosis, and other mood disorders. The group was started by two moms who recovered from postpartum depression (PPD) and anxiety and saw a need for peer support in Brooklyn.

## What is PPD?

While most women experience an emotional transition into motherhood, PPD and other related mood disorders can be distinguished from the "baby blues" in that they must be treated by a licensed mental health practitioner in order for full recovery to take place.

Symptoms of PPD and depression during pregnancy include

- hopelessness
- insomnia
- exhaustion
- agitation
- anger
- resentment
- feeling overwhelmed, incapable, worthless, guilty
- appetite disturbances
- difficulty concentrating or making decisions
- restlessness
- disturbing thoughts concerning death or harm to yourself or your baby

## How Can We Help?

We assist women and families in locating doctors, psychotherapists, and other service providers with experience in treating perinatal (during pregnancy and postpartum) mood disorders. We provide a forum where new moms can foster hope for recovery and decrease the social isolation that typically accompanies perinatal mood disorders. We seek to promote Postpartum Support International's Universal Message:

You are not alone  
This is not your fault  
You will feel better

For more information, including a brief self-assessment for PPD, or to join our mailing list, please visit [www.brooklynppdsupport.org](http://www.brooklynppdsupport.org). Babies are welcome.