



## Build your Village Support Resources

- ❖ Build your Village Support Group: **10-11:30 am Thursdays at LMH** - call Melissa (785) 550-6795 for info
- ❖ Build your Village of Douglas County <https://buildyourvillagekansas.wordpress.com/> and on [Facebook](#)
- ❖ Postpartum Support International warmline 1-800-944-4773
- ❖ Postpartum Support International (PSI) “Chat with an Expert” meetings every Wednesday [www.postpartum.net](http://www.postpartum.net)
- ❖ PSI Kansas Coordinators available for phone support/resources
  - Melissa Hoffman 785.550.6795 [melj0306@gmail.com](mailto:melj0306@gmail.com) and Stephanie Young 620.897.7605 [vash\\_ii@yahoo.com](mailto:vash_ii@yahoo.com)
- ❖ PSI online support groups in English and Spanish: Support Groups Central <http://www.supportgroupscentral.com>

### ❖ Recommended Websites and Books

- Postpartum Support International [www.postpartum.net](http://www.postpartum.net)
- Perinatal Mental Health Alliance for Women of Color <https://www.pmhawoc.org/>
- Medical Information, research updates, & articles [www.womensmentalhealth.org](http://www.womensmentalhealth.org)
- Beyond the Blues: A Guide to Understanding and Treating PPD Indman, MFT & Bennett, PhD
- The Mother-to-Mother Postpartum Depression Support Book Sandra Poulin
- This Isn't What I Expected: Overcoming Postpartum Depression Karen Kleiman, MSW & Valerie Raskin, MD
- The Postpartum Husband: Practical Solutions for Living with Postpartum Depression by Karen Kleiman, MSW
- Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide by Ann Dunnewold, PhD & Diane Sanford, PhD
- The Pregnancy and Postpartum Anxiety Workbook Pamela Weight
- The Mindful Way Workbook by J. Teasdale, M. Williams and Z. Legal
- Mom and Mind Podcast by Dr. Kat <https://drkaeni.com/podcast/>
- The Wellness Pod by Dr. Shari-ann H. James, PhD. [podcast](#)

### ❖ Spanish Resources

- PSI website [www.postpartum.net](http://www.postpartum.net)
- PSI warmline phone support 1-800-944-4773
- PSI online support groups [www.supportgroupscentral.com](http://www.supportgroupscentral.com)

### ❖ Medication Use in Pregnancy and Breastfeeding

- Infant Risk Center (806-352-2519 or [www.infantrisk.com](http://www.infantrisk.com))
- Mother to Baby (866-626-6847) [www.mothersbaby.org](http://www.mothersbaby.org)

### ❖ Emergency Numbers

Parent Helpline 800-332-6378    Crisis Text Line 741-741    Suicide Prevention Hotline 800-273-8255

❖ **Lawrence Area Mental Health Providers** \* visit our website to learn more about these providers

Centimano Counseling	(913) 530-3837	<a href="http://www.centimano.com">www.centimano.com</a>	Prairie Village, KS
Maria Ilardi, APRN	(785) 312-9866	<a href="http://www.ilardipsychiatric.com">www.ilardipsychiatric.com</a>	Lawrence, KS
Janace Maynard, LSCSW	(785) 330-3787	<a href="mailto:jmaynard737@gmail.com">jmaynard737@gmail.com</a>	Lawrence, KS
Susan Miller, LCPC	(785) 422-9922		Lawrence, KS
Anne Owen, PhD	(785) 550-8854	<a href="http://www.anneowenphd.com">www.anneowenphd.com</a>	Lawrence, KS
Rita Stuckey, PhD	(785) 841-4114		Lawrence, KS
Vicki Tsai, PMHNP	(913) 795-5524	<a href="http://www.formosasea.com">www.formosasea.com</a>	Lawrence/Topeka, KS
Joette Vignery, LSCSW	(785) 330-5455	<a href="mailto:joettevignery@gmail.com">joettevignery@gmail.com</a>	Lawrence, KS
Lesa West, LMFT	(785) 766-7183	<a href="mailto:lesaannwest@gmail.com">lesaannwest@gmail.com</a>	Lawrence, KS

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❖ **Community Mental Health Services**

Bert Nash Mental Health (785) 843-9192 Lawrence, KS

KU Psychological Clinic (785) 864-4121 Lawrence, KS

Heartland Community Health Center [existing patients] (785) 841-7297 Lawrence, KS

Drug and Alcohol Addiction Treatment Professional Treatment Services (785) 843-5483 Lawrence, KS

First Step (DCCCA) (785) 843-9262 Lawrence, KS

❖ **Support Agencies**

Healthy Families (785) 843-3060 Lawrence, KS

Parents as Teachers 832-5680 (Lawrence), 594-2721 (Baldwin), 876-2214 (Eudora)

tiny k (785) 843-3059

WIC (785) 843-5350

The Willow Domestic Violence Shelter (785) 843-3333 (serving Douglas, Jefferson and Franklin counties)

Crisis Assistance Headquarters (785) 841-2345

❖ **For Fathers**

- PSI Chat with an Expert first Monday of each month [www.postpartum.net](http://www.postpartum.net)
- Emotional support for men suffering at Postpartum Men [www.postpartummen.com](http://www.postpartummen.com)
- Information about mood disorders: click on "[Learn More](http://www.postpartum.net)" [www.postpartum.net](http://www.postpartum.net)
- Resources for fathers: click on "family- resources for fathers" [www.postpartum.net](http://www.postpartum.net)
- Jerry Marquez, Healthy Dads Healthy Families Coordinator, 785-856-5338 [jmarquez@ldchealth.org](mailto:jmarquez@ldchealth.org)
- Dads of Douglas County [www.dadsofdouglascounty.org](http://www.dadsofdouglascounty.org) or (785) 813-1846