

# beyondbabyblues :

the national post and antenatal disorders family initiative

## READING AND RESOURCE LIST

### Australian Books

- Barnett, B. (1990) *Coping with Postnatal Depression*. Penguin, Sydney.
- Bishop, L. (1999) *Postnatal Depression: Families in Turmoil*. Halstead Press, Rushcutters Bay.
- Dix, C. (1987) *The New Mother Syndrome - Coping with Postnatal Stress and Depression*. Allen & Unwin, Sydney.
- Fetling, L. (2002) *Postnatal Depression: a practical guide for Australian families*. IP Communications, East Hawthorn.
- Milgrom, J., Martin, P.R., Negri, L. (1999) *Treating Postnatal Depression: A psychological Approach for Health Care Practitioners, Australia*. Wiley, Chichester.
- Osmond, M. (2001) *Behind the Smile: my journey out of postnatal depression*. Harper Collins, Pymble.

### International Books

- Comport, M. (1997) *Towards Happy Motherhood: Understanding Postnatal Depression*. Corgi/The Guernsey Press Co., Guernsey, Channel Isles.
- Dalton, K. (1985) *Depression After Childbirth*. Oxford University Press, Oxford.
- Pacific Post Partum Support Society (1987) *Post Partum Depression and Anxiety*. Pacific Post Partum Support Society, Vancouver.
- Wellburn, V. (1980) *Postnatal Depression*. Fontana, Glasgow.
- Kendall-Tackett, K. A. (2001) *The Hidden Feelings of Motherhood: a guide to coping with stress, depression, and burnout*. New Harbinger Publications, California.
- Kleinman, K.R. (2001) *The Postpartum Husband*. Xlibris Corporation, Princeton.
- Kleinman, K. & Raskin, V.D. (1994) *This isn't what I expected: recognising and recovering from depression and anxiety after childbirth*. Bantam, New York.
- Sapstead, Anne-Marie (1990) *Banish Post Baby Blues*. Northants, Wellingborough.

### Children's Books

- Scott, D. (2001) *Making Mummy Better - A Child's Experience of Postnatal Depression*. Spectrum Publications, Melbourne.

### Australian Video Resources

- "More than the Blues" by Sherryl Pope and Julie Watts.
- "What do you mean I've changed" produced by Dona Maria Pre and Postnatal Support Network.

To search for more books on postnatal depression, you can visit the Amazon website at <http://www.amazon.com>, Angus and Robertson at <http://www.angusrobertson.com.au> or Collins Booksellers at <http://www.collinsbooks.com.au>.

Some other references may be obtained from your local library or state-based PND consumer support group.