**Organization:** Center for Perinatal Emotional Wellness

County: Wake

Address: 101 Whispering Pines Ct.

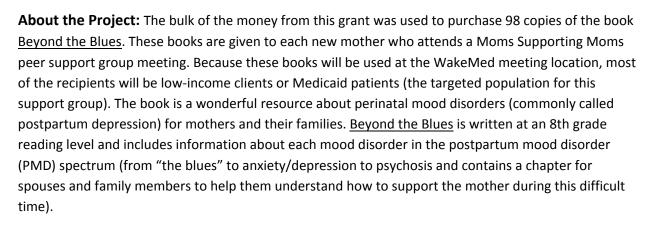
Cary, N.C. 27511

Phone: 919-889-3221

Website: http://www.momssupportingmoms.net/

**Project:** Educational Materials for Peer Facilitated Support Group





The remainder of the money was used to purchase books for a small lending library for Moms Supporting Moms facilitators. The library includes books that cover symptoms and treatment options for PMD and information on specific symptoms and disorders, such as intrusive thoughts and postpartum psychosis. In addition, a book that is used to educate our group leaders and student interns about support group dynamics was purchased.

**Successes:** For many in the group, it is hard if not impossible to get to a library or bookstore for resources about PMD. We have received such positive feedback from new mothers about this book that it has become a top priority for us to provide it free of charge to all attendees. Having a comprehensive resource on hand outside of meetings has had a positive impact on mothers' wellbeing because it gives women information they crave. Beyond the Blues provides not only an overview of symptoms but also explains how to get help (i.e. by finding a therapist, when to see a psychiatrist, types of medications commonly prescribed, etc.), giving many new mothers invaluable information and a new sense of hope. It is vitally important that we continue to offer this free resource to participants who otherwise might not have access to it, and this grant has made that possible.

The lending library provides much needed resources for new facilitators to help them understand the spectrum of mood disorders that fall under PMD. It is especially helpful for our new staff members who have not experienced PMD themselves. The books provide some of the most up-to-date information on



PMDs and how they are treated, as well as information to help lead support group meetings. We would not have been able to create this collection without funds from the grant.