



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.

This book can be purchased online at [Amazon.ca](https://www.amazon.ca) ([paperback](#) or [Kindle version](#))

To purchase with a cheque, fill out below and send **\$23.00 (includes S&H)**.

English Edition

Edition Française

For orders outside of Canada, you can order via [Amazon.com](https://www.amazon.com) ([paperback](#) or [Kindle version](#)) or contact our office for orders from other countries.

Amount enclosed: \$ _____

Cheques are payable to **Pacific Post Partum Support Society**

For **multiple book orders** or **international orders**, or to place an order over the phone with a credit card, please contact us directly admin@postpartum.org or call (604) 255-7955

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