

## **Webinar Additional Resources – Perinatal Mood and Anxiety Disorders and Military Life**

Event Page: [OneOp.org/Learn/147568/](https://OneOp.org/Learn/147568/)

### **Websites and Links**

- Babies on the Homefront <https://BabiesOnTheHomefront.org>
- Zero to Three <https://ZeroToThree.org>
- The Earliest (Infant and Early Childhood Mental Health) | Zero to Three Podcast <https://www.ZeroToThree.org/Resource/Zero-to-Three-Launches-Podcast-on-Mental-Health-in-the-Earliest-Years-of-Life/>

### **Postpartum Support**

- Help for Dads | Postpartum Support International (PSI) <https://www.PostPartum.net/Get-Help/Help-for-Dads/>
- Help for Military Families | Postpartum Support International (PSI) <https://www.PostPartum.net/Get-Help/Military-Families/>
- Help for Moms | Postpartum Support International (PSI) <https://www.Postpartum.net/Get-Help/Help-for-Moms/>
- Help For Partners And Families | Postpartum Support International (PSI) <https://www.PostPartum.net/Get-Help/Family/>
- Info on Medication During Pregnancy and Breastfeeding <http://MotherToBaby.org/Fact-Sheets-Parent/>
- Postpartum Depression Risk Assessment During Pregnancy <https://www.PostPartumStress.com/Get-Help>

*The above resources may include both free and fee-based resources and inclusion in this list does not constitute endorsement by DoD or USDA.*

- Postpartum Progress New Mom Mental Health Checklist  
<http://PostPartumProgress.org/download/new-mom-checklist-for-maternal-mental-health-help/>

## OneOp Programming

- Navigating Early Parenthood and Military Life | OneOp Webinar  
<https://OneOp.org/Learn/147565/>
- A Close Look at Relationships: Supporting Military Couples | OneOp Webinar Series  
<https://OneOp.org/Series/A-Close-Look-at-Relationships-Supporting-Military-Couples/>
- Military Youth: Protecting and Promoting Resilience and Well-Being | OneOp Webinar Series  
<https://OneOp.org/series/YouthResilience/>
- That's the Ticket: Exploring Infant and Early Childhood Mental Health | OneOp Webinar Series  
<https://OneOp.org/2023/01/12/Thats-the-Ticket/>
- Women in the Military | OneOp Series – blog posts, webinars, and podcasts  
<https://OneOp.org/Series/Women-in-Military/>

## Webinar References

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<https://www.apa.org/topics/women-girls/postpartum-depression>.
- Armed Forces Health Surveillance Center (AFHSC). (2013, October 2). Incident rates rising for post-partum depression among women, risk factor for suicide. ScienceDaily. [www.sciencedaily.com/releases/2013/10/131002131400.htm](http://www.sciencedaily.com/releases/2013/10/131002131400.htm).
- Appolonio, K. K., & Fingerhut, R. (2008). Postpartum Depression in a Military Sample. *Military Medicine*, 173(11), 1085-1091.
- Freitas, C., & Fox, C. (2015). Fathers Matter: Family Therapy's Role in the Treatment of Paternal Peripartum Depression. *Contemporary Family Therapy: An International Journal*, 37(4), 417-425. doi:10.1007/s10591-015-9347-5.

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- Lebel, C., MacKinnon, A., Bagshawe, M., Tomfohr-Madsen, L., & Giesbrecht, G. (2021). "Elevated depression and anxiety symptoms among pregnant individuals during the COVID-19 pandemic": Corrigendum. *Journal of Affective Disorders*, 279, 377–379. <https://doi.org/10.1016/j.jad.2020.10.012>.
- Levine, J., Bukowinski, A., Sevick, C., Mehlhaff, K., & Conlin, A. (2015). Postpartum depression and timing of spousal military deployment relative to pregnancy and delivery. *Archives Of Gynecology & Obstetrics*, 292(3), 549-558. doi:10.1007/s00404-015-3672-7.
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- Ramchandani, P., Psychogiou, L., Vlachos, H., Iles, J., Sethna, V., Netsi, E., and Lodder, A. (2011). Paternal depression: An examination of its links with father, child and family functioning in the postnatal period. *Depression and Anxiety*, 28: 471-477
- Spooner, S., Rastle, M., & Elmore, K. (2012). Maternal Depression Screening During Prenatal and Postpartum Care at a Navy and Marine Corps Military Treatment Facility. *Military Medicine*, 177(10), 1208-1211.

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