



# When Post Partum Becomes Complicated

## External Links and Resources

### **Difficult Birth Experience**

- Birth trauma-related web site that includes discussion forums and information on birth-related post-traumatic stress disorder (PTSD): <http://solaceformothers.org/>
- International Cesarean Awareness Network: Support groups, discussion forums, and articles about recovering from cesarean birth and planning vaginal birth after cesarean (VBAC) at <http://www.ican-online.org>.

### **Postpartum Mood Disorders**

- Postpartum Support International: 800-944-4773 or <http://www.postpartum.net>
- Postpartum Support International of Washington: <http://www.ppm-support.com/>. Web site includes recommended reading list.

### **Infant Loss**

- Share Pregnancy and Infant Loss Support: [http://nationalshare.org/parents.html#anchor\\_21](http://nationalshare.org/parents.html#anchor_21)
- *Mending Invisible Wings: Healing from the Loss of Your Baby* by Mary Burgess and Shiloh Sophia McCloud (2009)

