

If you believe your loved one is at risk of harming themselves or their baby, do NOT leave them alone.

Take Action. Get Help!

Mother and/or partner may ...

- Feel sad or numb
- Be tearful or cry a lot
- Feel exhausted, but not able to sleep
- Have changes in eating or sleeping patterns
- Feel overwhelmed and not able to concentrate
- Seek constant reassurance from others or the internet
- Have no interest or pleasure in activities they used to enjoy
- Feel hopeless or worthless
- Feel restless, irritable or angry
- Feel guilty and ashamed
- Avoid spending time with family and friends
- Have thoughts of hurting themselves or others
- Have scary thoughts about the baby



Take Action. Get Help!

Reach Out (24/7 Crisis Service)

Call or Webchat, 1-866-933-2023

First Nations and Inuit Hope for Wellness Help Line (24/7 Crisis & Counselling Service)

1-855-242-3310

Mental Health & Addictions Crisis Centre (24/7 Walk-in Service)

648 Huron Street, London (at Adelaide)

Parent and Infant Relationship Clinic (PAIRclinic):

519-433-3101, at Family Centres in London

Mother Reach Support Group

Childreach- 519-434-3644, info@childreach.on.ca OR

Merrymount- 519-434-6848, www.merrymount.on.ca

Support Line (24/7 Therapeutic Listening)

1-844-360-8055

Health Connection (Speak to a Public Health Nurse)

519-663-5317 Ext. 2280

Merrymount Family Support & Crisis Centre

519-434-6848, 1064 Colborne St (at Huron)

Family Services Thames Valley / Quick Access Mental Health Walk-in Clinic

519-433-0183

INsite Clinic-Your network for mental health and well-being/Family Centre White Oaks

519-433-0183, ext. 8111 or email

ATapia@familyservicethamesvalley.com

Anova: A Future Without Violence (24/7 Crisis & Support Line)

1-800-265-1576

Helpful Tips for Family and Friends

Family and friends can be a vital part
of recovery by offering support.

Perinatal Mental Health:
Perinatal Mood and Anxiety Disorders



Pregnancy and parenting are not always what you expect...

- Pregnancy is often seen as a time of joy and excitement, but this is not true for everyone.
- The birth or adoption of a baby can bring physical, emotional and social changes. Adjustment to new roles and relationships is not always easy.

Depression and Anxiety Disorders are common in pregnancy and postpartum.

- Up to 20% of women experience depression after having a baby. Mood disorders, such as anxiety, are also common. Partners and children can struggle too.
- It can affect anyone in the family!

How can you help?

EMOTIONAL SUPPORT

- Share your concern and ask how you can help
- Be willing to listen and accept their feelings
- Provide reassurance and be supportive
- Offer encouragement about counselling and treatment

HANDS-ON SUPPORT

- Provide meals, do laundry or housework
- Help with grocery shopping or driving to appointments
- Offer to help arrange childcare
- Encourage time for rest or physical activities (i.e. go for a walk)

INFORMATIONAL SUPPORT

- Learn about perinatal depression and anxiety disorders
- Learn about mental health community and crisis services
- Locate helpful information (i.e. on-line resources, support groups)
- Offer or help find prenatal or postpartum education opportunities

COMMUNITY SUPPORT

- Encourage seeing a healthcare professional
- Offer to attend medical appointments or support groups
- Encourage joining a support group



What's Not Helpful

- Criticizing or judging
- Statements like "Snap out of it" or "You should be happy"
- Stopping by without calling first
- Blaming yourself or others

Perinatal Mental Health

www.healthunit.com/pmh

- Information about mental health during pregnancy and postpartum
- Updated list of services and community resources
- Links to other helpful websites and much more