

Prenatal Depression and Anxiety Disorders are common

When prenatal depression and anxiety are left untreated, the risk of postpartum depression and mood disorders increases. Partners and other children can struggle too. It can affect anyone in the family. Early intervention can help you feel better during pregnancy!

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

Last modified on: July 2018



*When
Pregnancy Is
Not What
You Expect*

Perinatal Mental Health:
Perinatal Mood and Anxiety Disorders



Pregnancy is often seen as a time of joy and excitement, but this is not true for everyone. Seeking help in your pregnancy may lower your chance of postpartum depression and anxiety.

Pregnancy can bring many changes and questions about the future. It can also affect your relationships. Good physical care, emotional support, learning about pregnancy and prenatal care are often very helpful.

Talk about your feelings with your partner or someone you trust.

You 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
- Feel anxious or can't stop worrying
- Seek constant reassurance from others or the internet
- Have no interest or pleasure in activities you 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 yourself or others

What you can do...

- Rest during the day when feeling tired
- Get a minimum of 7-8 hours of sleep
- Eat healthy food several times a day
- Go for a walk 3-4 times a week or more
- Accept help from family and friends
- Take time for yourself
- Relaxation such as listening to music, deep breathing, or reading
- Limit the time you spend with people who make you feel anxious or sad
- Talk about your feelings with your partner or someone you trust
- Find the prenatal education that is right for you
- Reach out to your healthcare professional to talk about what help and treatment options are available

Take Action. Get Help!



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

If your symptoms continue or get worse, speak to your healthcare professional.