

Questions?

Contact Child & Babytalk
in KFL&A to speak with a
registered nurse.

613-549-1154

Child.Babytalk@kflaph.ca

kflaph.ca/ParentMentalHealth

A photograph of a woman with long dark hair, wearing a grey sweater, holding a baby. She is looking off to the side with a thoughtful expression. The background is a soft, out-of-focus gradient.

You Are **Not Alone**

One in five women

experience depression or
anxiety during pregnancy or
after giving birth.

kflaph.ca

2019-04-01

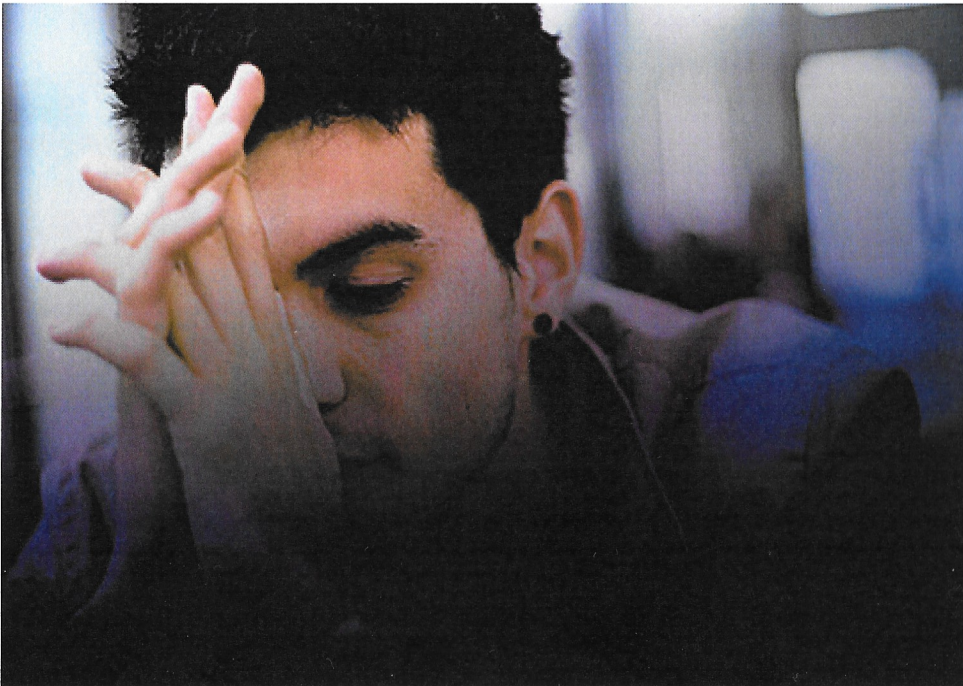
What are Perinatal Mood Disorders?

Being an expecting or new parent is a big change that brings both happiness and challenges, including lots of emotional ups and downs. Perinatal Mood Disorders (PMD) refer to a wide range of mood changes, including anxiety and depression, that parents may experience during pregnancy or in the first year after the arrival of a new baby.

You are not alone.

You are not to blame.

With help, you will
get better.



Many people start having symptoms of perinatal mood disorders during pregnancy.

It's important to talk to your health care provider and support people about how you feel.

Baby blues are common

Four out of five mothers report symptoms of baby blues including tearful periods and mood swings. They can start after birth, and usually go away on their own within 2 weeks. If they don't go away, and you feel some of the symptoms of PMD, talk to your health care provider.

Perinatal mood disorders

Symptoms differ for everyone, and might include:

- crying and sadness,
- lack of interest in things you normally enjoy,
- feelings of guilt, shame, or hopelessness,
- feelings of anger or irritability,
- constant worry, racing thoughts,
- changes to sleep and appetite, or
- physical symptoms like dizziness, hot flashes, and nausea.

If you are having thoughts of hurting yourself or your baby, call 9-1-1 or go to the hospital right away.

Can my partner experience a perinatal mood disorder?

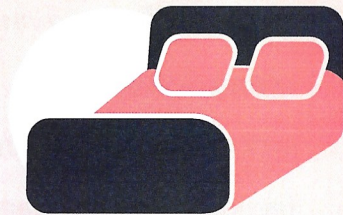
One in ten dads develop mood disorders, and it is even more common if their partner also has a mood disorder. Same-sex couples can develop mood disorders and should watch for the symptoms.

Things you and your partner can do to take care of yourselves:



Ask for help when you need it.

Try to get enough sleep and take opportunities to rest.



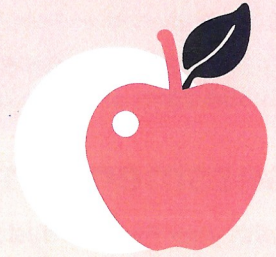
Meet other parents for support. Visit an EarlyON centre in your area.

Ontario.ca/EarlyON

Spend time with loved ones and friends.

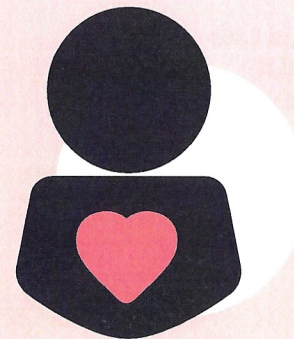
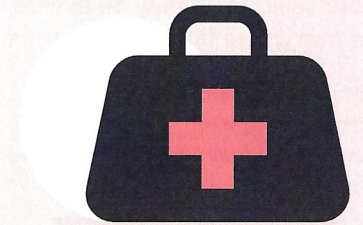


Enjoy a variety of healthy foods.



Make time to be active.

Talk to your family doctor or health care provider.



You deserve to feel better. Medication, therapy, support, and healthy living can help.

Crisis services

KFL&A Addiction and Mental Health Services (24 hour Crisis Lines)

613-544-4229 or 1-866-616-6005 (Kingston)

613-354-7388 or 1-800-267-7877 (Napanee)

Assessment and treatment

Start with your Family Physician, Midwife, or Health Care Provider

They can help with counselling options, medications, and referral if necessary.

Women's Reproductive Psychiatry Clinic (Hotel Dieu Hospital)

Specialized assessment and treatment for women with psychiatric disorders relating to the prenatal and postpartum period. A doctor's referral is necessary.

613-544-3400, ext. 2551

Counselling and therapy

Family Health Team (FHT)

Ask your family doctor about mental health supports or counselling that may be available as part of the family health team.

Employee Assistance Program (EAP)

Your employer may offer an EAP program where you can access counselling services.

Resolve Counselling Services Canada

Offers supports to individuals, families, groups, and employers. A fee may apply.

613-549-7850

resolvecounselling.org

Telephone support

Connex

A mental health helpline, website and e-mail chat.

1-866-531-2600

ConnexOntario.ca

Telephone Aid Line

Kingston (TALK)

TALK is a confidential support service run by trained volunteers.

613-544-1771

Online support

Care by Text

Learn about your health, mood, and how to care for yourself during pregnancy with practical tips, and links to local resources.

Sign up online at

kflaph.ca/CareByText

or text "Care" to **613-704-5352**

Women's College Hospital Mother Matters

Mother matters is an online support group for women with mood adjustment challenges following the birth of their baby. It is an 8-week online support group run by the Mental Health Program at Women's College Hospital.

mothermatters@wchospital.ca

Bounce Back Ontario

A free self-help program from the Canadian Mental Health Association designed to help you with depression and anxiety at any stage of life.

1-866.345-0224

BounceBackOntario.ca

Big White Wall

Big White Wall is an online mental health and wellbeing service offering self-help programs and an anonymous community with professionally trained guides.

1-866-531-2600

BigWhiteWall.ca

In home support

KFL&A Public Health - Healthy Babies Healthy Children

Registered nurses and family home visitors offer free home visiting support and services to eligible families.

Self referral available online at

kflaph.ca/HBHCSelfReferralForm

613-549-1232, ext. 1524

kflaph.ca

Métis Nation of Ontario Healthy Babies Healthy Children

Provides culturally sensitive program to help families expecting a baby or with a child 6 years of age or younger.

613-549-1674, ext. 308

joieo@metisnation.org

Indigenous Healthy Babies, Healthy Children

Ontario Native Women's Association

465 Advance Ave.

Napanee, ON

P: 613-354-6318 ext. 25

Child & Babytalk in KFL&A

Receive trusted, pregnancy and parenting information from a registered nurse, including links to mental health supports in our area.

Like us on Facebook, Child & Babytalk in KFL&A.

Send us a direct message,

613-549-1154 or

1-800-267-7875, ext. 1555