

POSTPARTUM DEPRESSION

Where to go when you're looking for help

Last updated: February 2026

Postpartum depression is a type of depression that many women experience after having a baby. Unlike other types of depression, it is closely linked to the stress and challenges of caring for a newborn. It is different from the “baby blues,” which usually last only a few hours or days during the first three to four days after childbirth. Postpartum depression can last for weeks or even months. Symptoms usually begin within the first month after childbirth, but they can appear any time during the first year. In some cases, postpartum depression can develop into chronic depression.

Postpartum depression can be treated, just like other types of depression. Treatment options includes psychotherapy, social support and antidepressant medication. If postpartum depression is not treated soon after it develops, it can affect the mother's health, her bonding with the baby and her relationship with other family members.

Treatment and Support for Women

Mount Sinai Hospital – Perinatal Mental Health Program

700 University Avenue, 3rd floor, Toronto

www.mountsinai.on.ca/care/psych/patient-programs/maternal-infant-perinatal-psychiatry/maternal-infant-program-and-perinatal-mental-health

Tel.: 416 586-4800 ext. 8325 (general questions), 416 586-4800 ext. 8630 (questions about telemedicine program)

Services: Consultation; assessment and ongoing patient care; services provided in office or remotely through the Ontario Telemedicine Network

Eligibility: Women ages 18+ who are planning to have a baby, are pregnant or have had a baby in the last year and are at risk of psychiatric problems, have a strong history of mental illness or have anxiety or depression

Referral: Required through an obstetrical nurse, obstetrician, family doctor or midwife; referral form available on website; indicate whether referral is for the telemedicine program; fax referral to 416 586-8596

St. Joseph's Health Centre – Collaborative Care Clinic

30 The Queensway, Toronto

Tel.: 416-530-6000 ext.4258 (for information about the virtual therapy group)

Services: Assessment; diagnostic clarification; medication recommendations; treatment planning; time-limited individual therapy; psychoeducation for postpartum mental health concerns; mindfulness-based cognitive therapy; cognitive-behavioural therapy; dialectical behavioural therapy; virtual 12-week therapy group to learn skills drawn from cognitive-behavioural therapy, interpersonal therapy and mindfulness-based cognitive therapy to cope with postpartum anxiety and depression

If any information is incorrect or outdated, please email access.resources@camh.ca. Visit the RBC Patient and Family Learning Space for mental health information and help finding services: <https://camh.ca/pfls>

This resource is for information purposes only and is not an endorsement by CAMH or a guarantee of any particular outcome.

Eligibility: Women who are planning pregnancy, are pregnant or are up to one year postpartum, and who live in the Unity Health catchment area and/or delivered with a Unity Health affiliated practitioner

Referral: Required from a physician, nurse practitioner or midwife; referral form for the virtual therapy group available here: <https://unityhealth.to/wp-content/uploads/2021/02/postpartum-group-referral-form.pdf>

Sunnybrook Hospital – Women’s Mood and Anxiety Clinic, Reproductive Transitions

2075 Bayview Avenue, Toronto

www.sunnybrook.ca/content/?page=womens-mood-anxiety-clinic-repro-transition

Tel.: 416 480-5677

Services: Assessment and treatment of perinatal mood and anxiety disorders; support and education for families; short-term group and individual therapy; expertise in psychiatric medication and psychotherapy during pregnancy and postpartum

Eligibility: Women with mood issues across the reproductive stages, including during pregnancy and postpartum

Referral: Request through online referral form and submit via fax to 416 480-7842

Women’s College Hospital – Reproductive Life Stages Program

76 Grenville Street, 7th floor, Toronto

www.womenscollegehospital.ca/care-programs/mental-health-v2/reproductive-life-stages-program

Tel.: 416 323-6230

Services: Education resources; psychiatric assessment and short-term treatment; individual and group psychotherapy; medication follow-up; parenting support; online mental health services; child psychiatry; addiction consultation

Referral: Referral from family doctor or midwife; see referral form on website and fax it to 416 323-6356

Support for Racialized Women

Women’s Health in Women’s Hands

2 Carlton Street, Suite 500, Toronto

www.whiwh.com

Tel.: 416 593-7655

Services: Interdisciplinary classes to prepare women for childbirth; education on healthy birthing, labour and delivery, relaxation, exercise, nutrition, baby care, breastfeeding

Eligibility: Women ages 16+ from African, Black, Caribbean, Latin American and South Asian communities

Note: Must be registered as a client

If any information is incorrect or outdated, please email access.resources@camh.ca. Visit the RBC Patient and Family Learning Space for mental health information and help finding services: <https://camh.ca/pfls>

This resource is for information purposes only and is not an endorsement by CAMH or a guarantee of any particular outcome.

Support for Fathers

Fathers' Mental Health

www.fathersmentalhealth.com

Services: Resources for help with child rearing; digital parenting resources; self-assessment tool; interventions for insomnia; anxiety management program; telephone-guided cognitive-behavioural therapy; individual counselling

Mount Sinai Hospital – Late Loss Bereavement Support Group

See listing below under “Mindfulness and Support Groups” (support group for to both fathers and mothers)

PostpartumMen

www.postpartummen.com

Tel.: 415-346-6719

Services: Self-help promotion; information for men about depression, anxiety or other problems with mood after the birth of a child; self-assessment for postpartum depression; online forum where new dads can interact; resources and information about men’s experiences postpartum

St. Joseph’s Hospital – Fathers’ Mental Health Assessment and Treatment

30 The Queensway, 3rd floor, Toronto

www.unityhealth.to/areas-of-care/programs-and-clinics/mental-health-and-addictions/#st-josephs-health-centre-child-adolescent-and-family-mental-health-3

info@fathersmentalhealth.com

Tel.: 416 530-6825

Services: Consultation and treatment for expecting fathers, new fathers and fathers with young children; outpatient psychiatric assessment; telephone intake interview

Referral: Physician referral using referral form on website; fax it to 416 530-6393

Support and Mindfulness Groups

Mount Sinai Hospital – Perinatal Mental Health Program

700 University Avenue, 3th floor, Toronto

www.mountsinai.on.ca/care/psych/patient-programs/maternal-infant-perinatal-psychiatry/patient-information

Services: Various support groups – see details below

Mount Sinai Hospital – Late Loss Bereavement Support Group

www.mountsinai.on.ca/care/psych/patient-programs/maternal-infant-perinatal-psychiatry/patient-information/late-loss-bereavement-support-group

Tel.: 416 586-4800 ext. 8352

Services: Support group for mothers and fathers who have experienced a spontaneous late pregnancy loss or neonatal death in the last year; group runs on Mondays, 10:30 am–12:00 pm

Eligibility: Loss after 20+ weeks’ gestation, or neonatal death

Referrals: Self-referral or referral from a health care provider; include patient’s full name, telephone number, date of loss and gestational age at time of loss. Send referrals to mgoldbandsocialwork@gmail.com.

If any information is incorrect or outdated, please email access.resources@camh.ca. Visit the RBC Patient and Family Learning Space for mental health information and help finding services: <https://camh.ca/pfls>

This resource is for information purposes only and is not an endorsement by CAMH or a guarantee of any particular outcome.

Mount Sinai Hospital – Mindfulness-Based Therapy Group

www.mountsinai.on.ca/care/psych/patient-programs/maternal-infant-perinatal-psychiatry/patient-information/mindfulness-based-therapy-group

Tel.: 416 586-4800 ext.8325

Services: Support group for perinatal mental health patients who would benefit from mindfulness therapy

Eligibility: Must be followed by a psychiatrist in the community; open to women who are pregnant or within one year of having their baby, are age 18+ and have a psychiatrist, obstetrician or family physician at Mount Sinai Hospital, or a community psychiatrist who will continue to provide care

Referral: From physicians only

Note: Group runs for eight weeks on Wednesdays, 1:00 pm–2:45 pm

Mount Sinai Hospital – Postpartum Support Group

www.mountsinai.on.ca/care/psych/patient-programs/maternal-infant-perinatal-psychiatry/patient-information/mindfulness-based-therapy-group

Tel.: 416 586-4800 ext. 8325

Services: Eight-session group for women experiencing or at risk of postpartum anxiety or depression; in-person and virtual consultation

Eligibility: Women who are pregnant or one year postpartum, age 18+; must have a psychiatrist, obstetrician or family doctor at Mount Sinai Hospital, or a community psychiatrist who will continue to provide care

Exclusion criteria: Women experiencing more than 12 months of postpartum depression, women under age 18

Referral: From physicians only; referral form available on website

Note: Patients may bring their babies, but there is no childcare during the group. The group meets at the hospital on Wednesdays, 1:00 pm–2:45 pm, and requires weekly attendance.

North York General Hospital – Late Loss Support Group

4001 Leslie Street, Toronto

www.nygh.on.ca/Default.aspx?cid=4490&lang=1

Tel.: 416 756-6000

latelossgroup@nygh.on.ca

Services: Support group for women who have experienced a recent (within the past year) late pregnancy loss or neonatal death (late loss defined as 20+ weeks); group runs on Tuesdays, 10 am–11 am, on Microsoft Teams (video call)

Referral: Self-referral via the website or through a health care provider

Toronto Public Health – Postpartum Depression & Anxiety

Tel.: 416 338-7600

publichealth@toronto.ca

www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/postpartum-depression-and-anxiety

Services: Postpartum support and resources; visiting nurse programs and volunteer support

Eligibility: Women with symptoms of postpartum depression or anxiety

Referral: Self-referral or referral from a health care provider; women can fill out a form on the website to have a nurse contact them directly

If any information is incorrect or outdated, please email access.resources@camh.ca. Visit the RBC Patient and Family Learning Space for mental health information and help finding services: <https://camh.ca/pfls>

This resource is for information purposes only and is not an endorsement by CAMH or a guarantee of any particular outcome.

Women's College Hospital – Mother Matters

76 Grenville Street, 7th floor, Toronto

www.womenscollegehospital.ca/care-programs/mental-health/#tab-5

Tel.: 416-323-6356

mothermatters@wchospital.ca

Services: Eight-week online support group for parents with mood/adjustment challenges after childbirth; group takes place on a confidential discussion board and does not involve video calls or in-person meetings

Referral: Register on the website through a Microsoft form

Eligibility: Must be a birthing parent to at least one child under age 1; must have access to a computer, be proficient in navigating the internet and live in Ontario

Outside Toronto

St. Joseph's Healthcare – Women's Health Concerns Clinic

100 W. 5th Street, level 1, Hamilton

www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/women's-health-concerns-clinic-whcc

Tel.: 905 522-1155 ext. 33605 (intake)

whcc@saintstjosham.on.ca

Services: Assessment, consultation and treatment for women experiencing physical or emotional symptoms related to reproductive milestones (i.e., menstrual cycle, pregnancy/postpartum, menopause)

Eligibility: Women age 18+; no more than nine months postpartum

Referrals: From health care providers using referral form on the website

If any information is incorrect or outdated, please email access.resources@camh.ca. Visit the RBC Patient and Family Learning Space for mental health information and help finding services: <https://camh.ca/pfls>

This resource is for information purposes only and is not an endorsement by CAMH or a guarantee of any particular outcome.