

POSTPARTUM DEPRESSION

Where to go when you're looking for help

Postpartum depression (PPD) is a depression that women may experience shortly after childbirth. PPD is different from the “baby blues,” which begin within the first three or four days of giving birth and lift within a few hours or days without the need for treatment. PPD is a deeper depression that lasts much longer. It usually starts within the first month after childbirth, although it can occur any time within the first year. And it can last for weeks or even months. In more serious cases, PPD can develop into chronic episodes of depression.

Apart from the fact that it happens soon after childbirth, PPD is just like any other depression that a woman might experience in her lifetime, except that its symptoms are often related to stressors associated with motherhood and caring for a baby.

Common symptoms of postpartum depression

Every woman is different, but some of the more common signs and symptoms of PPD are:

- depressed mood or depression with anxiety
- anhedonia, a loss of interest in things that would normally bring pleasure, including the baby
- changes in weight or appetite
- sleep disturbance and fatigue
- physical feelings of being slowed down or restlessness, jumpiness and edginess
- excessive feelings of guilt or worthlessness that may get worse if the woman has difficulty bonding with her baby
- diminished concentration; difficulty thinking clearly, particularly when not getting enough sleep
- recurrent thoughts of death or suicide.

What are recommended treatments?

Treatment for PPD is usually the same as treatment for any other depression in a woman's life. Treatments can include psychotherapy, social support and antidepressants. If PPD lasts for a long time without being treated, it can affect the mother's health, her bonding with her baby, and her relationship with other family members.

If you are concerned about PPD, there are people who can help or direct you to other supports, including family doctors, public health nurses, hospital programs and programs for new mothers in the community.

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

Women's Resources

Mt. Sinai Hospital, Perinatal Mental Health Program

700 University Ave., 3rd floor, Toronto, ON

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

416 586-4800 ext. 8325; 416 586-4800 ext. 8630 (for questions about the telemedicine program)

Services offered: Consultation, assessment and ongoing patient care, either in a health care provider's office or in the patient's home (if you live far from the hospital or cannot get to an appointment because of child care or financial reasons) through a new Ontario Telemedicine Network program called Guest Link

Eligibility: Women ages 18 and older who are planning to have a baby, are pregnant or who have had a baby within the last year and are at risk of developing psychiatric problems, with a strong history of mental illness and/or experiencing anxiety or depression. You will need to fill out the Perinatal Referral Form on their website, and if requesting telemedicine, indicate this on the form

Referrals: Fax to 416 586-8596

Sunnybrook Hospital, Women's Mood & Anxiety Clinic: Reproductive Transitions

2075 Bayview Ave., Toronto, ON

<http://sunnybrook.ca/content/?page=women-mood-anxiety-clinic-reproductive-transition>

416 480-5677

Fax: 416 480-7842

Services offered: Assessment and treatment of perinatal mood and anxiety disorders; support, education to family members, short-term group and individual therapy, expertise in psychiatric medication and psychotherapy during pregnancy and postpartum

Eligibility: Women experiencing mood issues across the lifespan, including during pregnancy and after giving birth (postpartum)

Referrals: Fax online referral form

Women's College Hospital, Reproductive Life Stages Program

76 Grenville St., 7th floor, Toronto, ON

www.womenscollegehospital.ca/programs-and-services/mental-health/RLS/

416 323-6230

Services offered: A combination of education, brief psychotherapy and medication, along with a multidisciplinary team approach to assess and treat women, their partners and families for mood and anxiety difficulties linked to premenstrual syndrome, depression and anxiety while planning or during a pregnancy, and for postpartum depression, anxiety and psychosis: services include psychiatric assessment and recommendations, individual and group psychotherapy plus medication follow-up, parenting support, online mental health services, child psychiatry, addiction consultation

Referral: Referral from GP or midwife. Please see the referral form on the website listed and fax to 416 323-6356

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Resources for Racialized Women

Women's Health in Women's Hands

2 Carlton St., suite 500, Toronto, ON

www.whiwh.com

416 593-7655

Services offered: Interdisciplinary classes to prepare women for the birth of their children. Provides education on healthy birthing, labour and delivery, relaxation, exercise, nutrition, baby care and breastfeeding

Eligibility: Racialized women, 16 years and older, from African, Black, Caribbean, Latin American and South Asian communities

Note: Must be registered as a client

Men's Resources

Mt. Sinai Hospital, Late Loss Bereavement Support Group

*see listing under Mindfulness and Support Groups (support group is available to both fathers and mothers)

Peel Postpartum Mood Disorder Program

7120 Hurontario St., PO Box 640, RPO Streetsville, Mississauga, ON L5M 2C2

www.pmdinpeel.ca/for-mothers/

905 791-7800 ext. 2650

Services offered: A website that has information on postpartum mood disorder as well as resources for both moms and dads, and the family and friends of people experiencing PPD

PostpartumDads

www.postpartumdads.org

Services offered: For fathers who are *not* experiencing problems with mood but are supporting a partner who has postpartum depression; helps dads and family members by providing first-hand information and guidance through the experience of PPD

PostpartumMen

www.postpartummen.com

Services: PostpartumMen promotes self-help, and provides important information for men with concerns about depression, anxiety or other problems with mood after the birth of a child, and helps fathers to beat the baby blues. Services includes a self-assessment for postpartum depression, an online forum for dads to talk to each other, resources and new information about men's experiences postpartum

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St. Joseph's Hospital

30 The Queensway, Toronto, ON

<http://stjoestoronto.ca/areas-of-care/child-adolescent-family-mental-health/>

info@fathersmentalhealth.com

416 530-6850

Services: Fathers' Mental Health Assessment and Treatment Service offers a consultation, assessment and treatment service for expecting and new fathers, as well as fathers with young children

Referral: Physicians may make a referral by completing the referral form on the website and faxing it to 416 530-6393

For more information, please visit www.fathersmentalhealth.com

If you or someone else requires emergency services, please call 911 or go to the nearest emergency department.

Support and Mindfulness Groups

East Toronto Postpartum Adjustment Program—Postpartum Group

South Riverdale Community Health Centre, 955 Queen St. E. Toronto, ON

www.tegh.on.ca/bins/content_page.asp?cid=3-15-97

416 469-7608

Services offered: weekly postpartum group or phone check in through Toronto Public Health nurses

Eligibility: women who have recently given birth or have adopted a child and are experiencing episodes of postpartum adjustment

Referral: can self refer for phone check ins through nurses at Toronto Public Health e-chat via their website) or by calling 416 338-7600 or 416 469-7068; or can preregister for the group at 416 469-7068

Mt. Sinai Hospital, Perinatal Mental Health Program CBT Anxiety Group

700 University Ave., 3rd floor, Toronto, ON

416 586-4800 ext. 5603

Services offered: Eight-week support group for women who are pregnant or postpartum and primarily struggling with symptoms of anxiety

Eligibility: Must be followed by a psychiatrist or clinician in perinatal mental health

Note: No child care provided

Mt. Sinai Hospital, Perinatal Mental Health Program—Late Loss Bereavement Support Group

700 University Ave., 3th floor, Toronto, ON

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

416 586-4800 ext. 5461#

Services offered: Support group for parents, both mothers and fathers, on Mondays 10:30 a.m.–noon, who have experienced a spontaneous late pregnancy loss or neonatal death within the last year.

Eligibility: Late loss is defined as a loss after 20+ weeks' gestational age

Referrals: Referrals can be made from any hospital, clinic, private practice or as a self-referral and should include patient's full name, telephone number(s), date of recent loss, and gestational age at time of loss.

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Mt. Sinai Hospital, Perinatal Mental Health Program—Mindfulness Based Therapy Group

700 University Avenue, 3rd floor, Toronto, ON

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

416 586-4800 ext. 5461#

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

Eligibility: Must be followed by a psychiatrist in the community in order to participate. Open for women who are pregnant or within one year of having their baby

Mt. Sinai Hospital, Perinatal Mental Health Program— Postpartum Support Group

700 University Avenue, 3rd floor, Toronto, ON

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

416 586-4800 ext. 5461#

Services offered: Eight-session group for women who are at risk for, or who are currently coping with postpartum anxiety and/or depression

Eligibility: This group is for women following delivery and up to one year postpartum

Referrals: Referrals can be made from any hospital, clinic, private practice or as a self-referral and should include: patient's full name, telephone number(s) and date of delivery

Note: Patients may bring their babies, but there is no child care available during group

North York General—Late Loss Support Group

4001 Leslie St., Toronto, ON

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

416 756-6000

latelossgroup@nygh.on.ca

Services offered: Support group on Wednesdays from 10:00 to 11:30 a.m. to share your experiences with other women who have experienced a recent (within the past year) late pregnancy loss or neonatal death

Referral: Fill out the referral form on their website and fax it to Gabriella Carafa at 416 756-6115 or e-mail it to latelossgroup@nygh.on.ca. Self-referrals are also welcome

Parkdale Community Health Centre, Postpartum Mood Disorders Group

1229 Queen St. W., Toronto, ON

416 537.8222 ext. 3303

www.pchc.on.ca/programs-services/womens-connection-program/postpartum-mood-disorders-support-group.html

Services offered: The Women's Connection Program offers a weekly maternal support program on Tuesdays from 2:00 to 4:00 p.m.; Prenatal Women's Support Group on Thursdays from 10:00 to 11:30 a.m. or 1:30 to 3:00 p.m.

Get support and information from the nurse, dietician, settlement worker or counsellors, as well as snacks and a bag of groceries

Eligibility: People experiencing symptoms of postpartum mood disorders or people who would like to learn more about PPMD and live in the west end of Toronto

Referral: Self-referral

Notes: Child care is provided

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Toronto Public Health

416 338-7600

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

Services offered: Postpartum support group, along with visiting nurse program and volunteer support, if eligible

Eligibility: Women with symptoms of postpartum depression/anxiety

Referral: Can be referred by clinician or by self-referral

Women's College Hospital, Mother Matters

www.womenscollegehospital.ca/programs-and-services/mental-health/RLS/mothermatters@wchospital.ca

Services offered: An eight-week online support group for women with mood/adjustment challenges following the birth of their baby

Referral: for more information about the program including future session dates, please e-mail. No phone calls

Outside Toronto

Peel Postpartum Mood Disorders Program

www.pmdinpeel.ca/

905 791-7800 ext. 2650

Phone support in Brampton and Mississauga: 905 459-7777

Phone support in Caledon: 1 877-298-5444

Services offered: A website that has education, extensive community resources for both moms and dads, resources for family and friends of those experiencing PPD

Languages: Phone support is available to women who speak English, Hindi, Urdu, Punjabi, Spanish, Portuguese, Mandarin and Cantonese

St. Joseph's Women's Health Concerns Clinic

100 W. 5th St., level 1, Hamilton, ON

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

905 522-1155 ext. 33979 (intake)

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

Eligibility: Women 18 years and older experiencing physical and/or emotional symptoms at various reproductive milestones, including pregnancy and postpartum

Referrals: Fill out the referral form on their website and fax it to their intake office at 905 308-7220.

Self-referrals are also accepted. Please call the intake co-ordinator directly at 905 522-1155 ext. 33979

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