



Pregnancy and life with a new baby are not always what you expect.

1 in 5 mothers will have depression or anxiety during pregnancy or postpartum.

Depression and anxiety during pregnancy and postpartum are often referred to as perinatal mood and anxiety disorders (PMAD). In this leaflet we will use the short form PMAD when talking about these conditions.

If you have PMAD you may:

- Have little or no interest or enjoyment in things you used to enjoy.
- Feel sad most of the time.
- Feel nervous, anxious or on edge.
- Feel like you can't stop or control worrying.

You may also feel:

- Really tired.
- Irritable and/or angry.
- Restless.
- Slowed down.
- Worthless.
- Guilty.
- Ashamed.
- Numb or empty.
- Alone.
- Frustrated.
- Hopeless.
- Panicky.

You may also:

- Have no energy.
- Have no appetite.
- Eat too much.
- Sleep too much.
- Not be able to sleep.
- Not be able to concentrate.
- Have aches and pains.
- Have chest pain or shortness of breath.
- Have a "lump" in your throat.
- Have numbness or tingling.
- Not want to spend time with your baby, partner, or family.
- Cry for no apparent reason.
- Keep checking things, e.g., baby's breathing.
- Have negative or disturbing thoughts or images that keep coming back.
- Think bad things may happen to you or your baby.
- Think you are not a good mother.
- Think your family would be better off without you.
- Think about death or suicide.
- Think about hurting yourself or your baby.

If you have had any of these symptoms for more than two weeks, talk to a health care provider. Together make a plan to help you get better. This could include therapy and/or medication.

If you feel like hurting yourself or your baby, or are thinking about suicide, get help right away.

- Call 911.
- Go to the nearest hospital emergency room.
- Contact the mental health crisis line in your area.

You can get help from:

Your health care provider (family physician, midwife, nurse, nurse practitioner, obstetrician, psychiatrist, or psychologist).

Your public health unit: Call 1-800-268-1154 or visit www.serviceontario.ca to know the location and services of your local public health unit.

The Mental Health Helpline: Call 1-866-531-2600 (24 hours a day 7 days a week) or visit www.connexontario.ca/en-ca/ for information about mental health services in Ontario.

Ontario Telehealth: Call 1-866-797-0000 TTY: 1-866-797-0007 (24 hours a day 7 days a week) to get health information from a Registered Nurse.

Remember...
This is not your fault.
You are not alone.
There is help for you and your family.

What you can do:

- ✓ Share your feelings with someone you trust.
- ✓ Ask for help.
- ✓ Take care of yourself.
- ✓ Take time for yourself.
- ✓ Get counselling or join a support group.
- ✓ Talk with your health care provider about taking medications.

What you can do, if you are a partner, family member, or friend:

- ✓ Listen and support her feelings.
- ✓ Be helpful and don't judge her.
- ✓ Encourage her to seek help.
- ✓ Develop your relationship with the baby.
- ✓ Educate yourself about PMD.
- ✓ Take time for yourself.
- ✓ Find someone you can talk to.

1 in 10 fathers may also have PMAD. As a new father you may be at risk of PMAD. Get information and support as well.

best start
meilleur départ

Resource Centre/Centre de ressources

by/par health **nexus** santé