



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