



PERINATAL MENTAL HEALTH SUPPORT

(EDMONTON AREA)

Reproductive Mental Health Program

- Provides consultation for mental health issues
- Counselling and coping strategies provided for
 - anxiety (related to the reproductive event)
 - depression (related to the reproductive event)
 - managing stress (related to the reproductive event)
 - grief and bereavement (loss of a pregnancy)
- Located at Lois Hole Hospital
- Contact: 780.735.6785
 - <https://www.albertahealthservices.ca/info/facility.aspx?id=1024456&service=102655600fzzcc>

Canadian Mental Health Association Distress Line

- Not sure who to call but need help for yourself or someone else? This distress line will direct you to the most appropriate place.
- Contact: 211
 - <https://edmonton.cmha.ca/documents/postpartum-depression/>

I Listen Counselling at Alpinehealth

- Counselling for postpartum depression, postpartum anxiety, OCD, and PTSD.
- Location: #207 - 14127-23 Ave
- Contact: 780.297.7989
 - <http://www.i-listen.ca/page7.html>

Evolution Psychology

- Maternal Mental Health Workshop for Moms (Sherwood Park) - 780.570.5709
 - www.evolutionpsychology.ca

Whole Family Health

- Holistic and natural treatments, such as acupuncture, traditional Chinese medicine, nutritional counselling, and lifestyle/mind-body medicine.
- Location: 6523 - 111 Street, Edmonton
- Contact: 780.756.7736
 - <https://www.wholefamilyhealth.ca/programs/pregnancy/postpartum-depression/>

Therapists in YEG

- Claire Wilde (West Edmonton) - 780.690.4456, www.opalpsychology.ca
- Gina Wong (South Edmonton) - 780.434.5856, www.ginawongsite.wixsite.com/ginawong/maternal-mental-health-progress
- Mallory Becker (South Edmonton) - 587.855.5598, www.pinehealth.ca
- Lynn Wolff (South Edmonton) - 587.855.5598, www.lynn-wolff-psychologist.com
- Penny Waller Ulmer (South Edmonton) - 780.222.4616, www.waller.pro

Online Support and Resources

- New Parent Mental Health Checklist:
 - <https://postpartumprogress.com/download/new-mom-mental-health-check>
- Olivia Scobie:
 - <http://oliviascobie.com/postpartum-blues-package/>
- Postpartum Support International:
 - <https://www.postpartum.net/>
 - 1-800-944-4773
- Pacific Postpartum Support Society:
 - 1.855.255.7999 (phone, available M-F 10 am to 3 pm)
 - 1.604.255.7999 (text available W/F)
- Better Help (online counselling) - www.betterhelp.com

Postpartum Mood Disorder Symptom Checklist



POSTPARTUM MOOD DISORDER SYMPTOMS MAY INCLUDE:

- Depressed mood or severe mood swings
- Excessive crying
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Loss of appetite or eating much more than usual
- Inability to sleep (insomnia) or sleeping too much
- Overwhelming fatigue or loss of energy
- Reduced interest and pleasure in activities you used to enjoy
- Intense irritability, anger, or rage
- Fear that you're not a good mother
- Feelings of worthlessness, shame, guilt or inadequacy
- Diminished ability to think clearly, concentrate or make decisions
- Severe anxiety and panic attacks
- Thoughts of harming yourself or your baby
- Recurrent thoughts of death or suicide

WHEN TO SEE A DOCTOR

It's important to call your doctor as soon as possible if the signs and symptoms of depression have any of these features:

- Don't fade after two weeks
- Are getting worse
- Make it hard for you to care for your baby
- Make it hard to complete everyday tasks
- Include thoughts of harming yourself or your baby

People with depression may not recognize or acknowledge that they're depressed. They may not be aware of signs and symptoms of depression. If you suspect that a friend or loved one has postpartum depression or is developing postpartum psychosis, help them seek medical attention immediately. Don't wait and hope for improvement.

Untreated, postpartum depression may last for many months or longer.