

## About 4 out of 5 mothers will experience the baby blues

This is normal and can start in the first week after the baby is born. With good physical care and emotional support, you will usually feel better within two weeks. Talk with your partner, healthcare professional or someone you trust about your feelings.



## Perinatal Mood and Anxiety Disorders are common

Up to 20% of women experience postpartum depression after having a baby. Mood disorders, such as anxiety, are also very common. You are not alone. Partners and children can struggle too. It can affect anyone in the family!

## Take Action. Get Help!

### Reach Out (24/7 Crisis Service)

Call or Webchat, 1-866-933-2023

### First Nations and Inuit Hope for Wellness Help Line (24/7 Crisis & Counselling Service)

1-855-242-3310

### Mental Health & Addictions Crisis Centre (24/7 Walk-in Service)

648 Huron Street, London (at Adelaide)

### Parent and Infant Relationship Clinic (PAIRclinic):

519-433-3101, at Family Centres in London

### Mother Reach Support Group

Childreach- 519-434-3644, info@childreach.on.ca OR

Merrymount- 519-434-6848, www.merrymount.on.ca

### Support Line (24/7 Therapeutic Listening)

1-844-360-8055

### Health Connection

(Speak to a Public Health Nurse)

519-663-5317 Ext. 2280

### Merrymount Family Support & Crisis Centre

519-434-6848, 1064 Colborne St (at Huron)

### Family Services Thames Valley /

Quick Access Mental Health Walk-in Clinic

519-433-0183

### INsite Clinic-Your network for mental health and well-being/Family Centre White Oaks

519-433-0183, ext. 8111 or email

ATapia@familyservicethamesvalley.com

### Anova: A Future Without Violence

(24/7 Crisis & Support Line)

1-800-265-1576

*When The  
Baby Blues  
Won't Go Away*

**Perinatal Mental Health:**  
Perinatal Mood and Anxiety Disorders



Life with a new baby  
is not always  
what you expect.

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The birth or adoption  
of a baby can bring physical,  
emotional and social changes.

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Adjustment to new  
roles and relationships  
is not always easy.



## You may...

- Feel sad or numb
- Be tearful or cry a lot
- Feel exhausted, but not able to sleep
- Have changes in eating or sleeping patterns
- Feel overwhelmed and not able to concentrate
- Feel anxious or can't stop worrying
- Seek constant reassurance from others or the internet
- Have no interest or pleasure in activities you used to enjoy
- Feel hopeless or worthless
- Feel restless, irritable or angry
- Feel guilty and ashamed
- Avoid spending time with family and friends
- Have thoughts of hurting yourself or others
- Have scary thoughts about your baby

## What you can do...

- Rest when baby sleeps
- Get a minimum of 7-8 hours of sleep
- Eat healthy food several times a day
- Go for a walk 3-4 times a week or more
- Accept help from family and friends
- Let someone you trust take care of the baby once in a while
- Take time for yourself
- Limit the time you spend with people who make you feel anxious or sad
- Talk about your feelings with your partner or someone you trust
- Reach out to your healthcare professional to talk about what help and treatment options are available

**Take Action. Get Help!**



## Perinatal Mental Health

[www.healthunit.com/pmh](http://www.healthunit.com/pmh)

- Information about mental health during pregnancy and postpartum
- Updated list of services and community resources
- Links to other helpful websites and much more

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**If your symptoms continue  
or get worse, speak to your  
healthcare professional.**

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