



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

1 in 5 mothers will have a postpartum mood disorder.

Have you had some of these symptoms for more than two weeks? You may:

- ☐ Not feel yourself
- ☐ Be sad and tearful
- ☐ Feel exhausted, but unable to sleep
- ☐ Have changes in eating or sleeping pattern
- ☐ Feel overwhelmed and can't concentrate
- ☐ Have no interest or pleasure in activities you used to enjoy
- ☐ Feel hopeless or frustrated
- ☐ Feel restless, irritable or angry
- ☐ Feel extremely high and full of energy
- ☐ Feel anxious – you may feel this as aches, chest pain, shortness of breath, numbness, tingling or “lump” in the throat
- ☐ Feel guilty and ashamed, thinking you are not a good mother
- ☐ Not be bonding with the baby, or be afraid to be alone with the baby
- ☐ Have repeated scary thoughts about the baby

Don't wait. There is help for you and your family.

- Your healthcare provider (family physician, midwife, nurse, OB/GYN)
- INFO line to find your public health agency: 1 866 532 3161
- Telehealth Ontario: 1 866 797 0000 or TTY 1 866 797 0007
- Mental Health Services Information Ontario: 1 866 531 2600
- Our Sisters' Place: www.oursistersplace.ca
- The Best Start Resource Centre's Postpartum Mood Disorder Campaign: www.lifewithnewbaby.ca

Very rarely women will have postpartum psychosis.

This is a serious illness with risks to mother and baby.

Have you felt like this even for a short time? You may:

- ☐ Have thoughts of harming yourself or the baby
- ☐ Hear or see things that are not there
- ☐ Believe people or things are going to harm you or your baby
- ☐ Feel confused or out of touch with reality

Don't wait. Get help right away.

- **Go to:** Your local hospital's emergency department
- **Or call:** Your local crisis intervention line

WHAT YOU CAN DO:

- Ask for help
- Take care of yourself
- Take time for yourself
- Get counseling or join a support group
- Consider medication

WHAT A PARTNER, FAMILY AND FRIENDS CAN DO:

- Listen and support her feelings
- Encourage her to seek professional help
- Develop your relationship with the baby
- Ask her how you can help
- Educate yourself about postpartum mood disorders
- Take some time for yourself
- Find someone to talk to

Remember... this is not your fault. There is help for you and your family

**best start
meilleur départ**

Ontario's maternal, newborn and early child development resource centre
Centre de ressources sur la maternité, les nouveau-nés et le développement des jeunes enfants de l'Ontario



Ontario
Prevention
Clearinghouse

Centre ontarien
d'information
en prévention

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