



Looking for Help?

We help people struggling with a Perinatal mood and anxiety disorder, connect to supports as soon as possible that are either low-cost or free. The Perinatal period includes trying to conceive a baby, being pregnant and welcoming a baby into your family. Different challenges can occur during the Perinatal period including:

- Mood and anxiety disorders; which include depression, anxiety, OCD, Bipolar Disorder, PTSD and Psychosis.
- Difficulty nursing
- Losing or releasing a pregnancy
- Going through fertility treatments
- Losing a baby during or after delivery
- Experiencing a traumatic delivery

SUPPORT PLANNING

It can be very confusing to navigate the health care system in Ontario so you can contact a Support Planning Specialist for help in getting connected to local OHIP-covered programs. We will listen non-judgmentally and from there we can help you plan what kind of support you're looking for and how to find it.

This might include getting in touch with your family doctor, or helping you find a family doctor or a walk-in clinic. This might include connecting you to a therapist or our FB group. We can also help you find local crisis supports.

We will also discuss what support people you have around you and how you can cope in the present moment.

Email us at info@perinatalwellbeing.ca

PEER SUPPORT GROUP ON FB

You are welcome to join our Peer Support Group on FB, where you can get support from other parents and people in the perinatal period in Ontario who have also experienced challenges with a mood or anxiety disorder in the Perinatal period. This is a safe place where all parents can access support. Our group is LGBTQ+ inclusive.

Join here:

<https://www.facebook.com/groups/240807206259795/>

ONLINE THERAPEUTIC COURSES

We know that it takes time to get connected to community programs or individual therapy so we have some Therapeutic E-Learning Courses that you can enroll in for free right away.

There are 5 FREE online courses created by some wonderful therapists, that can help you to build some coping skills for anxiety and mood disorders, develop self-compassion, and cope with that heavy parent guilt! There is something for everyone from Dialectical Behaviour Therapy Skills (DBT) to Expressive Arts Therapy Skills.

Check them out here:

<https://www.perinatalwellbeing.ca/therapeuticcourses>

PAY-WHAT-YOU-CAN-THERAPY

We understand that therapy with a private therapist is very expensive. You can connect with any of the 4 student therapists at Postpartum Support Toronto who are offering Pay-What-You-Can online therapy from \$0-\$25.

Please book with them here:

<https://oliviascobie.janeapp.com/locations/postpartum-support-toronto/book>

INFORMATION & RESOURCES

We have a Resource page on the website for more information about Perinatal Mood and Anxiety Disorders as well as a Discussion Tool that you can use to track your symptoms and talk to your health care provider about. There is also a list of community resources that we continue to update.

Check it out here: <https://www.perinatalwellbeing.ca/resourcepage>

If you'd like to learn more about different challenges and experiences in the Perinatal period check out the Podcast or the Blog. Hearing about others' experiences can help to normalize what we're going through.

Check out the Blog at:

<https://www.perinatalwellbeing.ca/blog>

The Perinatal Wellbeing Podcast is available on:



Or wherever you listen to your podcasts!

WHERE TO FIND US



www.perinatalwellbeing.ca



info@perinatalwellbeing.ca



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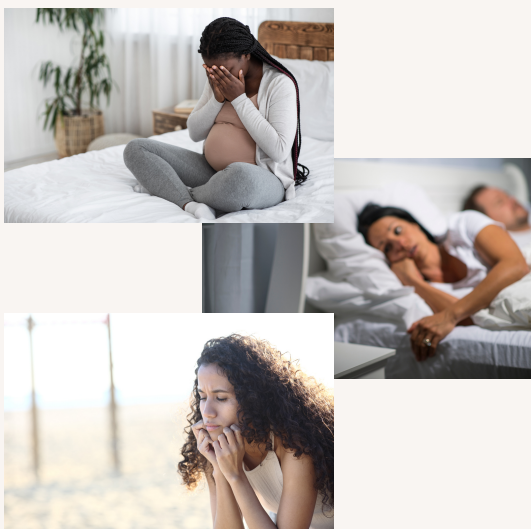


Perinatal Mood and Anxiety Disorders (PMADs)

Perinatal Mood and Anxiety Disorders (PMAD's) incorporate prenatal, pregnancy or postpartum mood changes that can include Anxiety, Depression, Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD), Bipolar Disorder and Psychosis in both birthing people and partners, as well as families that adopt or welcome a child via surrogacy.

PMAD symptoms can include:

- constant worry or racing thoughts
- crying and sadness
- disturbances to sleep and appetite
- thoughts of harming yourself or baby
- feelings of irritability, anger and rage
- lack of interest in the baby or older children
- loss of interest in things that previously brought you joy
- feelings of excessive guilt or shame
- physical symptoms such as dizziness, nausea or hot flashes
- panic or anxiety attacks



Some people might experience these symptoms while going through fertility treatments, in pregnancy or in the postpartum period. PMAD's can look very different for every person and with each pregnancy. Sometimes these symptoms can feel terrifying and bring on feelings of shame or guilt because this is not what we anticipated to experience on this perinatal journey. These symptoms may also be the result of a pregnancy or infant loss or pregnancy release.

You are not alone. Many people experience these symptoms and **you do not have to suffer through it.** Check out the website for more information as well as community supports. If you need more help finding local resources please email us at info@perinatalwellbeing.ca.



WHERE TO FIND US



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Examples of Postpartum Depression and Anxiety



These are some things you can feel with postpartum depression (PPD):

- You miss your old life. Parenting isn't what you expected, and you are sad that this is your new normal.
- You just want the baby to go to sleep, so you can be away from them. You feel dread when you think they are waking up.
- You are going through the motions of caring for your baby, but you are afraid that you aren't as bonded as other parents.
- You get angry or frustrated a lot - with your baby/kids, partner (if you have one) and even yourself.
- Everything seems to annoy you and you have trouble calming down.
- You're pretty sure you suck at parenting. You feel like you can't do anything right, it's your fault that they cry and have trouble sleeping, and you sometimes wonder if they would be better off without you.
- You don't feel much at all. You are totally spaced out, feel empty and have trouble connecting or paying attention.
- Your body feels heavy and you don't feel grounded. You feel like you could lie down and sleep for days on end.
- You cry a lot. It's hard to believe that this is your life. You have flight fantasies of running away or living a different life.
- You count down to the times when someone can take the baby. You don't want to be alone with them, and when you are, time seems to go by really slowly.

These are some things you can feel with postpartum anxiety (PPA):

- You are totally up in your head thinking, worrying, and stressing about problems that could happen - some of which are possible but out of your control and some of which are very unlikely.
- Your body feels ramped up and agitated all the time. It feels like you can't take a deep breath.
- You feel tired all the time but are having trouble falling asleep because your brain and body won't turn off.
- You have scary thoughts of terrible things happening to your baby and or other loved ones. They seem to come out of nowhere and the graphic or violent nature of the thoughts are sometimes so terrifying, you can't believe you had them and are afraid to tell people about them.
- You have had one or more panic attacks and you live in fear of having more.
- You have a never ending to do list of housework and childcare. You are obsessed with keeping everything in order and doing everything right.
- You don't want to be alone with the baby because you are afraid you can't handle it or that things will go wrong. You may also never want to be away from the baby and get very agitated when people take the baby from you - even if they are in the same room.
- You are eating really differently. Either you can't eat or can't stop eating.
- You have tried to calm down but can't. The things you used to do to relax during stressful or anxious times don't seem to be working.

From Postpartum Support Toronto, Olivia Scobie

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