



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