

The **PPMD** Connection



News from the Peel Postpartum Mood Disorder Committee

Spring/Summer 2017



*"Nothing can dim
the light which
shines from
within"
~ Maya Angelou*

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Our PMD Mission

The Peel PMD program is designed to ensure that families experiencing PMD have access to a comprehensive and sustainable continuum of services in their community.

Coordinator's Corner:

Spring is certainly in the air!

And **World Maternal Mental Health Day (WMMH)** is fast approaching on **Wednesday May 3rd**!

As you may remember, last year the first ever **World MMH Day** was announced. It was decided that the event will happen each year on the first Wednesday of May. This makes it close to Mother's Day and Mental Health week in many countries.

The goal of this day is to raise awareness of maternal mental health issues that will ultimately increase resources to diagnose and treat those suffering from PMD. Increasing awareness can drive social change to improve the quality of care for women experiencing Perinatal Mood and Anxiety Disorders (PMADs) and reduce the stigma associated with maternal mental illness.

You and your organization can take part too! Why not plan something to promote WMMH Day?

- You can make posters using the logos on the website – they're available in numerous languages.
- Or wear blue and green ribbons or clothing

There are all kinds of activities you can do to promote WMMH Day!

Big or small, it gets people talking !!

You can also join the Twitter feed with the hashtag #maternalMHmatters – have your messages followed around the globe that day!

Visit [World MMH](#) website to find out more and to have your organization's MMH Day event featured on the website!

"The first step toward change is awareness. The second step is acceptance." Nathaniel Branden



World
Maternal
Mental
Health
Day

~ Heather ~

wmmhday.postpartum.net
#maternalMHmatters



Our PMD Community...

When the Bough Breaks, PMD Documentary by Brook Shields

What can you do to promote World Maternal Mental Health Day in your community? Why not host a screening of this important documentary, *When the Bough Breaks* in your local community centre, church, library or health centre. Have a discussion about local resources. Spread the news; speak to your local television station and newspaper. Get the word out that maternal health is an issue that needs attention!

About the film

When The Bough Breaks is a feature length documentary about postpartum depression and postpartum psychosis. Narrated and Executive Produced by Brooke Shields, this shocking film uncovers this very public health issue which affects one in five new mothers after childbirth. The film follows Lindsay Gerszt, a mother who has been suffering from PPD for six years.

Lindsay agrees to let the cameras document her and give us an in depth look at her path to recovery.

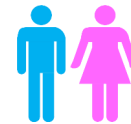
Source: website

Click here to see the [trailer](#).



Did you know?

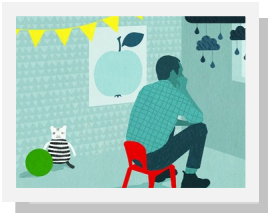
- Worldwide, as many as 1 in 5 women experience some type of perinatal mood and anxiety disorder (PMAD)
- Estimates are that 7 in 10 women hide or downplay their symptoms
- 1 in 10 dads develop depression as a result of PMAD
- Even celebrities suffer from postpartum depression. Stars who have spoken openly about their personal stories includes not only Brooke Shields, but also Adele, Chrissy Tiegan, Marie Osmond and many more
- For more information visit <http://wmmhday.postpartum.net/> or <https://www.peelregion.ca/health/family-health/after-pregnancy/unexpected/mood-disorder.htm>



Dad's Space...

Shining the spotlight on PMD

Postpartum depression doesn't discriminate. It can happen to anyone, even men. Click on the links below to read more about postpartum and fathers.



- ⇒ [Postpartum depression in dads](#), Today's Parent (Jan 2017)
- ⇒ [Postpartum Depression affects one in 10 dads](#), Toronto Star (Jan 2016)
- ⇒ [Daddy Blues: Men can suffer from postpartum depression too](#), Globalnews.ca (Oct 2015)



"Success is not final, failure is not fatal: it is the courage to continue that counts." ~ Winston Churchill