

The

PPMD

Connection



News from the Peel Postpartum Mood Disorder Committee

Spring/Summer 2018



Coordinator's Corner:



World Maternal Mental Health Day

wmmhday.postpartum.net
#maternalMHmatters

It seems that Spring has finally sprung! We have all been patiently awaiting its arrival. When we think of Spring's arrival, we often think of a less stressful time with more sun and daylight... however, for some, changes in routine and Mother's day can be a trigger for stress, anxiety and depression.

On **Wednesday May 2nd**, we acknowledge **World Maternal Mental Health (WMMH) Day**. See below for some ways you can get involved in the WMMH day events! WMMH day happens just before **National Mental Health Week**, which is from **May 7th to May 13th** and Mother's Day which is coming up on Sunday May 13th.

Perhaps you saw the roadsigns that say: "New Baby? Feel sad or Worried? 905-799-7700 PMDinPeel.ca"

One of the objectives of the PMD Committee is to increase awareness of PMD – so each year these roadsigns help increase awareness and let families know where they can find some support.

I am pleased to announce that I am no longer the Temporary Co-ordinator of the PMD Committee – I am now able to support the group permanently. I am very excited to continue this journey and look forward to continuing to work towards our mission of "striving to provide a coordinated, comprehensive and sustainable continuum of services that support parents experiencing mood disorders throughout the prenatal and postpartum period".

~ Heather~

#GetLoud

about what mental health really is.

Get Involved — World Maternal Mental Health Day Events

There are many ways you can be a part of the World Maternal Mental Health day movement and raise awareness of this important issue.

Here are a few:

- ⇒ On May 2nd, wear blue and green ribbons or clothing
- ⇒ Make posters using the logos on the website – they're available in numerous languages
- ⇒ Use the hashtag [#maternalMHmatters](#) on social media
- ⇒ Like the [Maternal Mental Health Day Facebook](#) page and share your events, stories, facts or research
- ⇒ Adopt the Twibbon on your Facebook or Twitter profile picture – [MMHday Twibbon](#)
- ⇒ World Maternal Mental Health Day [Open House at Vita Centre](#) - Wednesday, May 2nd, 10-2pm
- ⇒ Halton Walk to Support World Maternal Mental Health Day, Wednesday May 2nd, visit <https://www.facebook.com/haltonparents> for more details
- ⇒ Perinatal Mood and Anxiety Disorders: Not Just Postpartum Depression Webinar, May 3rd, 2-3pm, visit <https://www.thebluedotproject.org/mmh-week-2018-tool-kit> for details

"Once you choose hope, anything is possible"

~ Christopher Reeve~

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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.



Our PMD Community...

Peel Support Programs



In Peel, there are free peer support groups offered at a number of **EarlyON Child and Family Centres**. A mother can share her experiences in a safe and supportive environment and learn strategies to help her cope during this challenging time of adjustment. Groups are held weekly. Childcare is provided. Call or check the websites below for your closest centre.

Mississauga/Brampton : [Postpartum Mood Disorder Peer Support Group](#)

Caledon: [Adjustments After Birth Support Program](#)

Can't get to a centre? Need to talk? **Spectra Helpline** provides confidential crisis and suicide intervention, and emotional support for anyone who needs a caring, compassionate and non-judgmental listening ear. No problem is too big or too small to discuss. English Helplines are open 24 hours of the day, 7 days of the week, and 365 days of the year.

Mississauga/Brampton: 905-459-7777

Caledon: 1-877-298-5444

Did you know?

- More than 75% of women who suffer from maternal mental health disorders go undiagnosed and untreated. This results in suffering for the women, their babies, as well as their partners and families. They may feel alone when experiencing depression or anxiety during or after pregnancy.
- 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...

What about Dad?

Coping with the demands of raising a family can be stressful. It's a challenging job with an endless to-do list. Stress is an inevitable part of family life, but sometimes stress can be overwhelming and feel unbearable.

1 in 20 men experience anxiety or depression during their partner's pregnancy and **1 in 10** new dads can experience depression after the birth of a baby. It's important to understand that perinatal anxiety and depression is a common and serious illness that can affect any man and his family, regardless of culture, age or background. (source: www.panda.org.au)

It's important to get help and by receiving support it benefits everyone in the family.

<http://www.pmdinpeel.ca/taking-care-of-yourself/>

<https://www.panda.org.au/info-support/how-is-dad-going>



"Never let a stumble in the road be your journey" ~ unknown