

Have a baby? Pregnant? How are you feeling?

Signs and Symptoms of Postpartum Mood Disorder:

- Worthlessness or guilt
- Sadness, anxiety or helplessness
- Poor concentration
- Difficulty sleeping
- Extreme fatigue or exhaustion
- Anger or irritability



1 out of 5 mothers will experience depression or anxiety during pregnancy or after the birth or adoption of a child.

Partners can experience symptoms too.



PEEL
Postpartum
Mood Disorder
Program

The Community Working Together to Give Families the Support They Need



**Region
of Peel**
working with you

There is help available:

Spectra Helpline

Brampton & Mississauga **905-459-7777**

Caledon **1-877-298-5444**

English Helplines open 24 hours a day, 7 days a week

- Free confidential phone line that provides caring and non-judgemental support
- Services also available in Hindi, Urdu, Punjabi, Spanish, Portuguese, Mandarin and Cantonese
- Multilingual support Monday to Friday, 10 a.m. to 10 p.m.

Postpartum Mood Disorder

Peer Support Groups

EarlyON Child and Family Centres

pmdinpeel.ca/peersupportgroups/

- Postpartum Mood Disorder Peer Support Groups are held weekly in several EarlyON Child and Family Centres
- Available in Mississauga, Brampton and Caledon
- Visit the **pmdinpeel.ca** website for locations

PMD in Peel Website

pmdinpeel.ca



Visit our website to learn more about:

- Postpartum Mood Disorder
- Community resources and services
- Links to multilingual fact sheets and frequently asked questions

Women's Mental Health Program

Trillium Health Partners – Credit Valley Hospital
905-813-1550

Brampton Civic Hospital – Peel Memorial Centre
905-494-2120, ext. 29618

- Support and treatment for women experiencing mental health issues
- Therapy, consultation, support groups, educational workshops, and counselling
- Doctor or midwife referral required