

# 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



## 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/](http://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](http://pmdinpeel.ca) website for locations

### PMD in Peel Website [pmdinpeel.ca](http://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



The Community Working Together to Give Families the Support They Need

