



PEEL
Postpartum
Mood Disorder
Program

The Community Working Together to Give Families the Support They Need



Postpartum Mood Disorder Crisis Information: A Guide for Front-Line Staff

If you observe:

- Repeated expressions of hopelessness, helplessness or depression
- Extreme agitation or uncontrolled behavior
- Expressed thought about harming themselves or other

Here's what you can do:

- Ensure personal safety
- Call 911 if necessary
- Call 24.7 Crisis Support Peel Dufferin, 905-278-9036 or 1-888-811-2222 (Caledon and Dufferin)
- Call the Children's Aid Society (CAS) if you suspect that a child is in need of protection, 905-363-6131

You can also:

- Listen non-judgementally
- Provide reassurance (e.g. "You are not alone, help is available")
- Acknowledge their courage in sharing
- Provide information on what to expect

(See reverse)

What to expect:

911: An emergency responder will arrive, diffuse the situation, and can assist the client in getting to the hospital. A crisis worker may also attend.

24.7 Crisis Line Peel Dufferin: A crisis worker will assess the individual, de-escalate the situation if necessary, and develop a safety plan with the client. This safety plan may include assisting the individual to get to hospital for further assessment.

Emergency Department: Client will be evaluated by a medical/mental health professional (e.g. physician, crisis worker and/or psychiatrist).

Client may be:

- Discharged with a safety plan and referred to a clinic for follow-up
- Transferred to mental health emergency services for further assessment and treatment
- Admitted to the hospital as an inpatient

Children's Aid Society (CAS): The CAS intake worker will take information from the caller and determine whether to open a case. The worker will interview the family, provide support, and determine the need for ongoing involvement.

For more information, visit pmdinpeel.ca