

What supports are available in Peel?

Peel Postpartum Family Support Line

905-459-8441 • 289-298-5468 (Caledon)

- Monday to Friday, 10 a.m. to 10 p.m.
- Caring, confidential support from mothers who have been there.
- Services available in English, Hindi, Urdu, Punjabi, Spanish, Portuguese, Mandarin and Cantonese.

PMD in Peel Website

pmdinpeel.ca

Visit our website to learn more about:

- Postpartum Mood Disorders.
- Community resources and services.
- Articles and links to research.
- Links to multilingual fact sheets and frequently asked questions.

Women's Reproductive Mental Health Program

Trillium Health Partners – Credit Valley Site
trilliumhealthpartners.ca

- Support and treatment for women experiencing mental health issues during pregnancy or after the birth of a baby.
- Therapy, consultation, support groups, educational workshops, and counselling.

Peer Support Groups

Adjustment After Birth
Peer Support Groups
are held weekly in several
Ontario Early Years Centres
across the region.

Call your closest centre for
more information:

Brampton Parent-Child Resource Centres
Brampton Centre OEYC
180 Sandalwood Pkwy. E., Unit 8C, Brampton
905-495-3430

Caledon Parent-Child Centre
Dufferin-Peel-Wellington Grey OEYC
150 Queen St. S., Bolton
905-857-0090

Dixie-Bloor Neighbourhood Centre
Mississauga East OEYC
3160 Tomken Rd., Mississauga
905-276-6392

Malton Neighbourhood Services
Bramalea-Gore-Malton-Springdale OEYC
3450 Morning Star Dr., Mississauga
905-677-6270

Mississauga Parent-Child Resource Centres
Mississauga South OEYC
1801 Lakeshore Rd. W., Mississauga
905-822-1114

Mississauga Parent-Child Resource Centres
Mississauga West OEYC
6677 Meadowvale Town Centre Cir., Mississauga
905-567-4156

FHE-0184 13/10

Have a baby? Pregnant? How are you feeling?



Scan this QR code with
your smart phone



Region of Peel
Working for you

Symptoms of Postpartum Mood Disorder include:

Feeling worthless or guilty

Poor concentration

Extreme fatigue or exhaustion

Feeling angry or irritable

Difficulty sleeping

Feeling sad or helpless

Changes in appetite

Feeling anxious or panicky



Fathers and/or Partners can also experience depressive symptoms during pregnancy or after the birth of the baby.

How can you help a new mother?

- Practical support – be involved in baby care
- Give Mom a break so she can sleep
- Do housework
- Do laundry
- Schedule some family time together
- Arrange for someone to watch the baby so you can spend time as a couple
- Get informed about her condition and available supports
- Affirm her skills as a mother

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

What does not help a new mother?

- Telling her to snap out of it
- Saying “you should be happy to have this baby”
- Criticizing or judging her
- Withdrawing your support or rejecting her

Remember ...

