

Have a baby? Pregnant? How are you feeling?

Signs and Symptoms of Postpartum Mood Disorders include:

- Feeling worthless or guilty
- Feeling sad or helpless
- Poor concentration
- Difficulty sleeping
- Extreme fatigue or exhaustion
- Feeling angry or irritable



There is help available:

PMD in Peel Website
pmdinpeel.ca

Visit our website to learn more about:

- Postpartum Mood Disorders
- Community services, resources and supports

Peel Postpartum Family Support Line
905-459-8441 / 289-298-5468 (Caledon)
Monday to Friday 10 a.m. – 10 p.m.

- Caring, confidential support from mothers who have been there
- Services available in English, Hindi, Urdu, Punjabi, Spanish, Portuguese, Mandarin and Cantonese

Adjustment After Birth Peer Support Groups
Ontario Early Years Centres

- Adjustment After Birth Peer Support Groups are held weekly in several Ontario Early Years Centres
- Visit the pmdinpeel.ca website for locations

Women's Reproductive Mental Health Program,
Credit Valley Hospital
cvh.on.ca/wrmh

- 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

pmdinpeel.ca
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