

The

PPMD

Connection



News from the Peel Postpartum Mood Disorder Committee

Spring/Summer 2019



May 1st is World Maternal Mental Health Day (WMMH Day)



World Maternal Mental Health Day

Since 2016 a group of international maternal mental health activists, academics, clinicians and people with lived experience come together once a year to raise awareness and to advocate for maternal mental health services for all.

wmmhday.postpartum.net
#maternalMHmatters

This year, we continue to celebrate World Maternal Mental Health day on **Wednesday May 1, 2019.**

In many countries, as many as 1 in 5 new mothers experiences some type of perinatal mood and anxiety disorder (PMADs). These illnesses frequently go unnoticed and untreated.

Increasing **awareness will drive social change** with a goal toward improving the quality of care for women experiencing all types of PMADs, and reducing the stigma of maternal mental illness. We are encouraging mental health professionals, friends and relatives of new moms to **ask her how she's really feeling** and encourage her to seek help.

Visit wmmhday.postpartum.net to find **ways to get involved** and bring awareness to this important topic in your community. You can also [sign a petition](#) to have WMMH day officially recognized by the World Health Assembly and the UN World Health Organization. (source: <https://wmmhday.postpartum.net/>)

Dad's Space

Perinatal mood disorders affect the entire family. Many people don't realize that about **1 in 10 dads** develop depression during this time. An integrated approach to family mental health allows both parents to move beyond the postpartum period together as a thriving family unit. (source: <https://wmmhday.postpartum.net/>)



The demands of the new baby and the challenges in the changing relationship and identity can bring exhaustion, confusion and stress. (source: Asenhed et al 2014)

Several studies show that **dads want to be included** in the prenatal health care and engaged by health care professionals and their health and wellbeing.* Fathers may feel like they have few opportunities to raise their concerns when attending the ultrasound, prenatal classes or the birth. *(source: Rowe et al 2013; Darwin et al 2017; Rominov et al 2017) (Elmir & Schmied 2016; Rollans et al 2016)

If you know a new dad; **don't forget to ask him how he's really feeling** and encourage him to seek help.

Check out this article about the importance of screening new dads: www.huffingtonpost.ca/2019/01/30/depression-dads-postpartum-perinatal_a_23655472/



"I am not what happened to me, I am what I choose to become"
~ Carl Jung~

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Our PMD Mission

The Peel PMD program is designed to ensure that families experiencing PMD have access to a comprehensive and sustainable continuum of services in their community.

Making a Difference

A story shared by a Region of Peel Public Health Nurse:

*She appeared tense and troubled
She was afraid to answer questions
She faltered to answer questions
I talked less, and listened more
I asked if she slept last night
Did she have anything to eat today?
Has she been getting out?
Was she having scary thoughts about harming herself or the baby?
I was fearful
Would she be at risk of poor attachment with her baby?
Would she share her feelings of depression with her doctor?
Was this my one chance to reach her?
She was drained; she was worn-out.*



Mothers need support to thrive. Especially if experiencing mood disturbances. 10% of women in Peel experience mental health conditions during pregnancy; 6% experience anxiety, 5% experience depression. Signs and Symptoms of Postpartum Mood Disorder may include worthlessness or guilt, sadness, anxiety or helplessness, poor concentration, difficulty sleeping, extreme fatigue or exhaustion, and anger or irritability.

If you are experiencing any of these symptoms, please know you are not alone. If you know a new mom, **ask her how she's really feeling** and encourage her to seek help. Spread the word. Talk about it. Let's break down the stigma, and support one another. The more we talk about maternal mental illness, the more others may feel safe opening up and getting help.

Support is available

Please speak to your doctor or contact Peel's Family Health Contact Centre at 905 799 7700 for telephone support for postpartum mood disorder questions or concerns. Visit www.pmdinpeel.ca/ for a list of [community resources](#) and information on Peel's hospital clinics and peer support groups.

Mental illness is an illness, not a weakness. The more we speak publicly about how real maternal mental illness is, the better. We can empower women to get the support they need to thrive.

Celebrities share their stories

The Real Daytime co-host Tamera Mowry shares, like Adele the singer-songwriter, she too suffered from Postpartum Depression. www.youtube.com/watch?v=ZAG1-fBugDQ. Chrissy Teigen talks about her experience with postpartum depression. www.youtube.com/watch?v=YPh9wKDi2vc

Did you know?

- Worldwide, as many as 1 in 5 women experience some type of perinatal mood and anxiety disorder (PMAD) (source: <https://wmmhday.postpartum.net/>)
- Estimates are that 7 in 10 women hide or downplay their symptoms (source: <https://wmmhday.postpartum.net/>)
- It is estimated that 20 – 25% of pregnancies end in miscarriage or stillbirth. In addition to grief, many of these women also experience postpartum depression (source: <https://wmmhday.postpartum.net/>)



"There are hidden blessings in every struggle" ~ unknown~