

Confidential Resources for Perinatal Depression/Anxiety Disorder

- ✚ Family Doctor:

- ✚ To contact your local Public Health Unit or Crisis Line or BC Nurse Line: **604-215-4700 or 1-866-215-4700** (translation services are available in 130 languages) For the hearing impaired: **1-866-889-4700**
- ✚ To contact your local Mental Health Centre: **1-800-661-2121**
- ✚ To contact the Pacific Postpartum Support Society: **604-255-7999**
www.postpartum.org
- ✚ To contact the Reproductive Mental Health Program at Royal Columbian Hospital: **604-520-4662**
- ✚ To contact BC Partners in Mental Health & Addictions: www.heretohelp.bc.ca
- ✚ To contact a Clinical Counsellor: **1-800-909-6303**
- ✚ To contact a Psychologist: **1-800-730-0522**
www.psychologists.bc.ca
- ✚ Your workplace may have an 'Employee Assistance Program'
- ✚ To contact Aboriginal Health Services:
Sto:lo Nation Health: **604-824-3200**
Seabird Island Health: **604-796-2177**
Mission Indian Friendship Center: **604-826-1281**
Kla-how-eya (Aboriginal Cultural Society): **604-584-2008**
Spirit of Children Society (New West, Tri-cities, Coq) **604-524-2008**
North Fraser Metis Assoc.(Bby) **604-521-1908**

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Beyond the Baby Blues



**You're not Alone...
Help is available!**

**A guide for women suffering
with perinatal depression**



One in five women in BC may experience a significant depression in relation to her pregnancy and childbirth. This guide is to help women and their families identify potential risk factors, symptoms of depression, and how to seek appropriate care.

Potential Risk Factors For Perinatal Depression

- ✚ Family history of mental illness
- ✚ Previous history of depression, anxiety or psychosis
- ✚ Mood changes that last more than two weeks related to menstrual cycle
- ✚ Limited support systems (family, friends and partner)
- ✚ Any stressful life events in the last year (move, illness or loss)
- ✚ Chronic or acute health problem in you or your immediate family
- ✚ Financial concerns/stresses
- ✚ Unexpected pregnancy

How To Tell If You Might Have Perinatal Depression

Depression can begin in pregnancy, right after birth or anytime within the entire first year after birth. The symptoms range from mild blues to total despair.

You can tell if you have:

- ✚ Depressed mood or extreme sadness
- ✚ Crying spells for no apparent reason
- ✚ Guilty thoughts or feelings of worthlessness, or helplessness
- ✚ Thoughts of hurting yourself, ending your life or other frightening thoughts
- ✚ Panic attacks, excessive worrying or obsessive thoughts
- ✚ Feelings of inadequacy or resentment towards the baby
- ✚ Changes in your sleep or appetite

- ✚ Restlessness, lack of control or lack of energy
- ✚ Difficulty concentrating
- ✚ Withdrawal from family, friends, social interactions
- ✚ Lack of interest, or indifference towards baby

Experiencing symptoms of depression is common. Do not be ashamed. There is hope. And we want to help you!

If you or someone you know is experiencing any of these symptoms, please see the list of resources on the back pages of this brochure.

