

CARING FOR YOUR MENTAL WELLBEING

During pregnancy and the year following the birth of a child (the perinatal period), you may experience significant changes in your mood due to physical, emotional, and hormonal changes.

BABY BLUES

Common during the first weeks after birth, you may experience feelings of sadness, fatigue, irritability or feel overwhelmed.

HELPFUL TIPS FOR COPING WITH BABY BLUES:

- Try to find some time for you and be kind to yourself
- Try to get enough sleep
- Try to eat a healthy diet and get some exercise
- Connect with your support network and accept any kind of help
- See your health care provider regularly
- Seek help and treatment if you feel emotionally or physically unwell



CONTACT A HEALTH CARE PROVIDER AND SEEK FURTHER HELP IF:

- Your symptoms worsen or do not go away after a couple of weeks
- You have had mental health issues in the past or during pregnancy
- You do not enjoy or bond with your baby
- You have no interest or pleasure in activities you used to enjoy
- You notice increased disturbances in sleeping and eating patterns.
- You have difficulty concentrating, feeling numb or “not yourself.”
- You are having thoughts of harming yourself, your baby, or others.

If you are experiencing some of these feelings, you may have a mood disorder, which is treatable and there is help. Discuss with your health care provider about the most appropriate treatment options for you.

PARTNERS, FAMILY, AND FRIENDS CAN MAKE A DIFFERENCE

- Ask how you can help - listen and support
- Encourage seeking professional help
- Educate yourself about perinatal mood disorders

Partners may experience symptoms too. It is important that they also get the support they need.



IF YOU NEED IMMEDIATE OR URGENT ASSISTANCE CONTACT:

- **Provincial Mental Health Crisis Line:** 1 888 737 4668 or Text "Talk" to 686868. A free, confidential service for individuals, family and friends. The crisis line is province-wide, 24 hours a day.
- **811 Health Line:** Dial 811 24/7 to speak with experienced, local registered nurses about physical and mental health services.

OTHER SUPPORTS AND INFORMATION:

- **CHANNAL Warm Line:** 1 855 753 2560 . A non-emergency, non-crisis telephone support and referral service. People with lived experience and training operate the service from 11 am -11 pm.
- **Online Perinatal Support Group:** email onlineperinataInl@gmail.com for zoom link (Wednesdays at 3 pm). For any expecting or new parents who would like to check in!
- **NL Association for Family Resource Programs**
Perinatal support groups and individual supports with experienced moms and professionals available. Visit: www.nlfrp.com to contact a support person in your region.
- **Bridge the gApp:** www.bridgethegapp.ca
Newfoundland and Labrador's 'go-to' website for mental health information.
- **Resources and Information for Parents:** <https://hi.easternhealth.ca/life-stages/infants/parenting/>
A comprehensive list of health topics including baby blues and postpartum depression.
- **TheMothers Program:** www.themothersprogram.ca
Ontario website aimed to help women considering pregnancy, pregnant, or new mother. Excellent information about COVID-19.
- **Postpartum Support International:** www.postpartum.net
Provides online chats, self-help guides and videos. Offers a toll-free helpline 1 800 944 4773 or text support at 505 894 9453
- **Canadian Perinatal Mental Health Collaborative:** <https://cpmhc.ca/>
A group of advocates working towards a National strategy for Perinatal Mental Health. They have resources, updated covid-19 related articles, stories from mothers and more.

Perinatal Mental Health Alliance of NL: www.pmhanl.com

Created by community-university partners who want to enhance and fill gaps in mental health services for mothers, infants, and families during pregnancy and after delivery. Check out the website for information and resources.

CONTRIBUTING PARTNERS:

