



together

FOR PERINATAL MENTAL HEALTH

# *Perinatal* SUICIDE

Death by suicide is considered the 4th leading cause of maternal death in Canada across the perinatal period. Research has found that a common factor was a lack of perinatal mental health support. You are not alone, Together Waterloo can help you find resources.

## Possible Signs

- Ideation — thoughts of wanting to disappear.
- Sudden change in alcohol or drug consumption
- Meaninglessness and purposelessness
- Feelings of hopelessness and helplessness
- Withdrawal and isolation — lack of or inability to access social support
- Change in behaviour, particularly rage and anger
- Impulsivity and recklessness
- Severe fluctuations in mood
- Listlessness and inability to do routine tasks and daily functioning

## Where to Find Support

Here 24/7 (Crisis Support)  
1-844-437-3247

Talk Suicide Canada (Crisis Support)  
1-833-456-4566 (24/7)  
45645 (SMS, 4pm-Midnight)

Hope for Wellness (Indigenous Helpline)  
1-855-242-3310

Postpartum Support International (Warmline)  
1-800-944-4773

Blues and Beyond (Warmline)  
1-833-340-3344

## Expecting or New Parent?

- Make a list of those who offered to help and call them.
- Reach out to a Perinatal Mental Health Therapist, ask for support.
- Join a peer or community group for new parents. Ask a friend to come with you if you are anxious to go.
- Find what helps reduce your stress, generate a list of what helps you feel grounded.
- Reach out and tell someone you trust if you are not coping.

## Know a New Parent?

- Ask your expecting friend how they are really feeling.
- Check in with your friend who just had a baby.
- Actively listen to what parents are telling you with compassion and non-judgement.
- Be ready to step up to help a parent in need.

## For More Information :



[info@togetherwaterloo.ca](mailto:info@togetherwaterloo.ca)



[togetherwaterloo.ca](http://togetherwaterloo.ca)



Waterloo Region