

What Can You Do

Support System

Make lists of the people who can help you emotionally, physically, and informationally. This could be friends, family, doula, therapist, etc.

Perspective

Think of phrases you'd like to hear from someone and create your own affirmations. Some examples are:

- "Hour by hour."
- "I can ask for help, it does not mean I'm failing."

Coping in Tough Moments

Find what helps reduce your stress. Generate a list of things that help you feel grounded.

- Box breathing,
- 5-4-3-2-1 sensory scan,
- Splashing your face with cold water
- Taking a bath, or walk.

When to Reach Out for Help

If your symptoms last longer than 2 weeks and/or you feel you cannot cope, it can be helpful to tell someone close to you or seek out professional support.

Perinatal is...

Perinatal is the time from fertility, pregnancy, postpartum, and into parenthood.

Fertility

When you're trying to have a baby, may include loss.

Prenatal

Those nine months growing a baby

Postpartum

After baby arrives and the transition into parenthood.

Parenthood

When you feel back on your feet

Beyond the Baby Blues

Perinatal Mental Health



FOR PERINATAL MENTAL HEALTH



FOR PERINATAL MENTAL HEALTH

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Perinatal Mood and Anxiety Disorders

Perinatal Mood and Anxiety Disorders (PMADs) incorporate prenatal, pregnancy, or postpartum mood changes that can include Anxiety, Depression, Obsessive Compulsive Disorder, PTSD, Bipolar Disorder and Psychosis. Birthing people, partners, adoptive parents, or intended parents can experience struggles with the transition to parenthood.

Risk Factors

- Existing mental or physical health conditions
- Health concerns during pregnancy
- Previous pregnancy loss, birth trauma or baby in NICU
- A history of PMS or PMDD, as well as thyroid imbalances
- Relationship, financial, or other life stress
- Big life events, such as losing your job, moving, or a death in the family
- Having multiples
- Lack of support system

You Might Experience

- Constant worry or racing thoughts
- Crying and sadness
- Disturbances to sleep and appetite
- Thoughts of harming yourself or baby
- Feelings of irritability, anger, and rage
- Lack of interest in the baby or older children
- Loss of interest in things that previously brought you joy
- Feelings of excessive guilt or shame
- Physical symptoms such as dizziness, nausea, or hot flashes
- Panic or anxiety attacks.

Looking for Help?

perinatalwellbeing.ca

postpartum.net • 1-800-994-4773

988.ca • Call/Text 9-8-8 • Available 24/7

here247.ca • 1-844-3247 • Available 24/7

translifeline.org • 1-877-330-6366

Types of PMAD

Depression Clinical depression developing in pregnancy or after becoming a parent. Affects between 18% of new parents.

Anxiety Clinical anxiety developing in pregnancy or after becoming a parent. Affects 14% of new parents.

Post-Traumatic Stress Disorder (PTSD) Trauma response to difficult birth or early postpartum experience. May include flashbacks, nightmares, panic attacks, dissociation, etc.

Obsessive Compulsive Disorder (OCD) Often includes intrusive thoughts that go against personal values and compulsions to make you feel better about the intrusive thoughts. Affects between 17-20% of new parents.

Bipolar Disorder May first present with symptoms of depression, or with mania or hypomania. Features the same symptoms as bipolar disorder. Requires medical intervention

Psychosis A break from reality that occurs after a baby is born. It typically starts 2-4 weeks after birth but can happen up to a year after. Requires medical intervention.