



Perinatal SUICIDE PREVENTION

Research has found that perinatal mental health support and an awareness of what can contribute to suicidal ideation in the perinatal period support is effective in supporting suicide prevention amongst parental figures in Canada.

Possible Warning Signs

- Conversations, statements, or feelings that indicate hopelessness, meaningless, worthlessness, being a burden, or thoughts of wanting to disappear.
- Marked change in behaviour or worrisome behaviour:
 - Withdrawal and isolation - lack of or inability to access social support.
 - Significant fluctuations in mood; ex. rage, anger, deep sadness, intense vigilance, easily annoyed or frustrated.
 - Extreme fatigue and inability to do routine tasks and daily functioning.
 - Sudden increase or change in alcohol or drug consumption.

Any significant change in behaviour may be a warning sign.

YOU ARE NOT ALONE

Where to Find Support

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

Suicide Crisis Helpline (Crisis Support)
9-8-8, call or text 24/7

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

Expecting or New Parent?

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

Know an Expecting or New Parent?

- Ask how they are really doing
- Know what warning signs can look like and watch/listen for them.
- If you suspect someone may be thinking about suicide, ask them directly if they are having these thoughts.
- Actively listen to what parents are telling you with compassion and a non-judgmental mindset.
- Be ready to step up to help a parent in need.
- Connect them to professional support.



FOR PERINATAL MENTAL HEALTH

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WATERLOO REGION
**Suicide
Prevention
Council**

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