

Perinatal Mental Health Resources

This handout was made available by South Community Birth Program

Perinatal Mental Health

*If you are in **crisis**, please*

- *Call or Text: 9-8-8*
- *Call the Crisis Center: (604) 872-3311 **OR** 1-800-SUICIDE (1-800-784-2433)*
- *Call the BC Mental Healthline: 310-6789*
- *Go to your local emergency department*
- *Call 9-1-1*

Sources & Organizations:

1. BC Women's Hospital

Link: <https://www.bcwomens.ca/health-info/pregnancy-parenting/postpartum-mood>

Here you will find some information and resources around baby blues/depression/anxiety and PTSD & Psychological Birth Trauma

2. Reproductive Mental Health: Guide for self management

Link:

https://www.bcwomens.ca/Specialized-Services-Site/Documents/Reproductive%20mental%20health/bcrmh_anxietyguide_final_whole_document.pdf

A guide created by BC's Reproductive Mental Health Program for coping with anxiety during pregnancy and following the birth

3. Reproductive Mental Health, BCWH

Link:

<https://www.bcwomens.ca/health-professionals/refer-a-patient/reproductive-mental-health>

*Reproductive Mental Health (RMH) at BC Women's Hospital (BCWH) provides specialized mental health care for individuals experiencing mental health/psychiatric challenges related to pre-pregnancy, pregnancy & postpartum, offering consultations, group sessions, and multidisciplinary support to help people navigate mental health issues tied to their reproductive journey. **** Required referrals from family doctors, nurse practitioners, specialists or midwives.***

4. Pacific Post Partum Support Society (PPSS)

Link: <https://postpartum.org/>

Nonprofit dedicated to providing mental health and emotional peer support to new parents and families. Main services include: **Telephone & Text support, In-person & Virtual support groups, resources for partners and support people.**

See Resources tab for videos and other great resources!

5. Perinatal Services BC:

- Postpartum Support Guide:

https://www.perinatalervicesbc.ca/Documents/Health-info/PSBC_Postpartum_Support_Guide.pdf

- Edinburgh Perinatal/Postnatal Depression Scale (EPDS)

Personal assessment scale used between 28 – 32 weeks in all pregnancies and 6 – 8 weeks postpartum (Can also be used as needed)

Link:

<https://www.google.com/url?sa=t&source=web&rct=j&opi=89978449&url=https://cms.psbchealthhub.ca/sites/default/files/2023-10/EPDSQuestionnaireApril2013.pdf&ved=2ahUKEwj79vv6nY2PAxU0JTQIHxuwJAoQFnoECBgQAQ&usg=AOvVaw3PJEstQ9TcmZXOD1yxbumN>

6. Motherlode (Antepartum or Postpartum), SCBP

Link: <https://scbp.ca/workshops>

Virtual group workshops offered by South Community Birth Program (SCBP) to support pregnant people antenatally, as well as new parents/mothers postpartum. Each Motherlode group will have about 10 participants, and meet over Zoom weekly for 6 sessions. *Registration required.*

7. In Her Circle

Link: <https://inhercircle.ca/>

Raising awareness, building community and funding access to postpartum mental health care.

8. PostPartum Support International

Link: <https://postpartum.net/get-help/>

The PSI organization was built to promote awareness, prevention and treatment of mental health issues related to childbearing in every country worldwide. On their website, you will find access to their APP for support, resources and information, as well as an online directory for finding a qualified perinatal mental health professional in your area, 50+ free virtual support groups and specific support resources for diverse populations

9. Access and Assessment Center (AAC) at Vancouver General Hospital

Link:

<https://www.vch.ca/en/location-service/access-and-assessment-centre-aac-vancouver-general-hospital>

The AAC helps individuals and families access mental health and substance use services in Vancouver. Services include referral intake, on-site assessment, crisis intervention, and short-term treatment.

10. The Healing Hive

Link: https://www.thehealinghive.org/hives_1/welcoming-motherhood

A Virtual support group called Welcoming Motherhood, which takes place once a week in the evening. The group covers topics more specific to mental health and overarching themes that affect managing the day to day of motherhood.

5. Vancouver's Division of Family Practice

Link:

<https://vancouverdivision.com/wp-content/uploads/2023/03/Self-Management-resources-V6.pdf>

This resource offers information regarding Neighbourhood houses, Free/Low cost Counselling Supports, Mental Health supports for Immigrants, Wellness tools and Mental Health support Apps.



Books:

1. *Beyond The Blues: Understanding and Treating Perinatal and Postpartum Depression & Anxiety* by Indman Pec, Shoshana Bennett
2. *Motherhood: Facing and Finding Yourself* by Lisa Marchiano LCSW, NCPsycA
3. *Rattled: How to Calm New Mom Anxiety with the Power of the Postpartum Brain* by Nicole Pensak
4. *The Fourth Trimester: A Postpartum Guide to Healing your Body, Balancing your Emotions and Restoring your Vitality*
5. *Good Moms Have Scary Thoughts* by Karen Kleiman
6. *Ordinary Insanity: Fear and the Silent Crisis of Motherhood* by Sarah Menkedick

For more book recommendations, see this link for a long list recommendations from Postpartum Support International (PSI) staff & volunteers:

<https://bookshop.org/lists/recommended-reads-postpartum-support-international>

Podcasts/Meditation:

1. I Am One by Postpartum Support International (PSI)
<https://postpartum.net/news/i-am-one-podcast/>
2. So Glad You Asked by MGH Center for Women's Mental Health
3. Evidence Based Birth *by Evidence Based Birth*
4. Provincial Health Services Authority <https://soundcloud.com/phsabc>

Apps:

1. Mindshift
2. Stop, Breathe & Think
3. The Mindfulness App by Mindaoos
4. Simply Being
5. Headspace

This is not an exhaustive list, but a resource sheet to provide you with more information about what may be available to you as support during this important and transitional period of life.