

# What You Can Do to Support Yourself

- Perinatal Mood Disorder is difficult for the whole family
- Take some time for yourself
- Do a stress-reducing activity, such as exercise, to help you get through this time
- Try not to take it personally if she becomes anxious or irritable - these are common symptoms of PMD
- Attending counselling sessions with or without your loved one may help you cope

**Research shows that new dads may experience feelings of depression too and require support.**



# When to Be Concerned

- She talks about hurting herself or the baby
- She seems out of touch with reality or tells you she hears voices or sees things
- She says things like “everyone would be better off without me”
- She can’t sleep for several days

**Although these symptoms are rare, they are serious and need attention right away at the nearest hospital.**

# Does someone you care about have a Perinatal Mood Disorder?



# Be there, Be involved...

The support of family and friends can help make a difference!



**Durham Health Connection Line**  
905-668-2020 or 1-800-841-2729  
[durham.ca/PMD](https://durham.ca/PMD)



If you require this information in an accessible format, contact 1-800-841-2729.

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# The Facts

## Perinatal Mood Disorder (PMD):

- As many as 20% of women (1 in 5) will develop symptoms of depression and/or anxiety during this time, which leave them feeling unable to cope
- Symptoms can range from anxiety to depression and from mild to severe
- Women having these feelings find it hard to cope with day to day tasks and need support
- Family members may be the first to notice symptoms

# What You Need to Know

- There is help and recovery is possible
- A woman with PMD cannot “snap out of it” and recovery takes time
- It doesn't mean she does not care about the baby and it is nobody's fault
- A combination of counselling, support groups, and sometimes medication is thought to be most effective

# Words of Encouragement

*“We will get through this.”*

*“I am here for you.”*

*“You will get better.”*

*“This is not your fault.”*

*“You are doing a good job.”*



# What You Can Do to Support Her

- **Encourage** her to talk to her doctor and to follow the treatment plan
- **Listen** when she feels like talking without trying to offer solutions
- **Praise** her for the things she is doing well
- **Offer** your understanding and reassurance
- **Encourage** her to rest and take some time for herself
- **Limit** visitors and phone calls as needed
- **Encourage** her to stay connected to family and friends and to accept help
- **Help** with caring for the baby/ other children and household chores
- **Learn** more about perinatal mood disorders

