

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



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

