

# Perinatal Mental Health Supports

If you are pregnant or are a new parent who is feeling sad, anxious, overwhelmed and are having a hard time coping, help is available.



## THERAPY/PEER SUPPORT GROUPS

### Ontario Shores LOVE YOU by Shoppers Drug Mart Women's Clinic

Email: [centralizedreferral@ontarioshores.ca](mailto:centralizedreferral@ontarioshores.ca)  
Phone: 1-877-767-9642

[www.ontarioshores.ca](http://www.ontarioshores.ca)

Short term, focused consultation and treatment to women with perinatal mood disorders and other reproductive issues that affect a woman's mental health. **Referrals** are accepted from any health care professional.

### Community Care Durham - COPE Mental Health – Building Blocks Support Group

Email: [cope@communitycaredurham.on.ca](mailto:cope@communitycaredurham.on.ca)  
Phone: 905-668-6223

[www.communitycaredurham.on.ca](http://www.communitycaredurham.on.ca)

Virtual support group for mothers of children (0-6 years) who are having difficulty adjusting to life with a baby, toddler or those who need support with parenting challenges.

### North York General Hospital – Postpartum Support Group

Email: [ppdgroup@nygh.on.ca](mailto:ppdgroup@nygh.on.ca)

[www.nygh.on.ca](http://www.nygh.on.ca)

Virtual support group for postpartum individuals following the birth of their baby and up to 1 year postpartum who are experiencing symptoms of postpartum anxiety, postpartum depression and/or would like support with coping with a newborn.

## ONLINE RESOURCES

### Perinatal Wellbeing Ontario (PWO)

[www.perinatalwellbeing.ca](http://www.perinatalwellbeing.ca)

Individual or group peer support options, pay-what-you-can therapy, and other resources.

### Postpartum Support International (PSI)

[www.postpartum.net](http://www.postpartum.net)

A call or text helpline for questions and concerns, online support groups, and a local service provider directory.

### Hope for Wellness

[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

24/7 support to all Indigenous people across Canada.

### Best Start

[www.beststart.org](http://www.beststart.org)

**Managing Depression: A Self-help Skills Resource** for Women Living With Depression During Pregnancy, After Delivery and Beyond.

### BounceBack

(Canadian Mental Health Association)

[www.bouncebackontario.ca](http://www.bouncebackontario.ca)

New Parents Skill-building Program delivered via phone/online videos.



HEALTH  
DEPARTMENT

## OTHER THERAPY BASED APPS

**MindShift CBT App** (Anxiety Canada)

**MindBeacon**

## SUPPORTS FOR FATHERS

**Fathers Mental Health**  
[www.fathersmentalhealth.com](http://www.fathersmentalhealth.com)

**Postpartum Men**  
[www.postpartummen.com](http://www.postpartummen.com)

**Heads Up Guys**  
[www.headsupguys.org](http://www.headsupguys.org)

## ADDITIONAL MENTAL HEALTH RESOURCES

**Mental Health Services in Durham Region**  
<https://211central.ca/durham-region/>

**Community Resource Guide for Pregnant and Parenting Families**  
[www.durham.ca/parentsupport](http://www.durham.ca/parentsupport)

## CRISIS SUPPORT LINES (24/7)

**Distress Centre Durham Distress Line**  
1-800-452-0688

**Durham Mental Health Services Crisis Services**  
1-800-742-1890

**Metis Nation of Ontario 24HR Mental Health and Addictions Crisis Line**  
1-877-767-7572

**Ontario Shores Crisis Line**  
1-800-263-2679

**Talk Suicide Canada (formerly Crisis Services Canada)**  
1-833-456-4566 Text: 45645



**If you are experiencing a mental health crisis call 9-1-1 or go to your local emergency department**

Lakeridge Health Ajax Pickering  
580 Harwood Ave S, Ajax, ON L1S 2J4

Lakeridge Health Bowmanville  
47 Liberty St S, Bowmanville, ON L1C 2N4

Lakeridge Health Oshawa  
1 Hospital Ct, Oshawa, ON L1G 2B9

Lakeridge Health Port Perry  
451 Paxton St, Port Perry, ON L9L 1L9



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



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

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