

Perinatal Mood Disorder Care Pathway

If you are pregnant or had a baby recently,

Do you often feel:

- Very tired
- Sad
- Anxious/worried

Are you having trouble:

- Sleeping/eating
- Concentrating
- Enjoying time with your baby
- Coping with day to day tasks
- Dealing with scary thoughts/dreams

You may have a Perinatal Mood Disorder.

As many as 1 in 5 women will develop symptoms of anxiety and depression. This can affect any parent, moms or dads.

Some risk factors for PMD:

- History of depression or anxiety
- Family history of depression
- Recent stressful life events
- Lack of social support
- Being new to Canada

[Take the TEST FOR PMD](#)

If in Crisis call 911 or visit your local Emergency Department

Who Can I Talk To?

Pediatrician

Family Physician

OB/GYN

Midwife

Nurse Practitioner

There are free services in our community for families with young children.

- Durham Health Connection Line
- Healthy Babies Healthy Children 1-800-841-2729

[Find an EarlyON child and family centre](#)

Connect with knowledgeable staff ready and willing to answer your questions!

Tell your Health Care Provider how you are feeling at each visit ... they can help!

PMD Specific Resources

Who Can Help Me

[PMD Support Group for Women; Durham Region Health Department](#)
1-800-841-2729

[The Shoppers LOVE.YOU. Women's Clinic; Ontario Shores Centre for Mental Health Sciences](#)
Health Practitioner Referral Required
1-877-767-9642

[Carea Community Health Centre](#)
905-428-1212

[Catholic Family Services](#)
1-877-282-8932

[Rose of Durham](#)
905-432-3622

[Brock Community Health Centre](#)
705-432-3388

[Canadian Mental Health Association Durham](#)
905-436-8760

[Family Services Durham](#)
1-866-840-6697

[Pregnancy & Infant Loss \(PAIL\)](#)
1-888-303-PAIL (7245)

[Pinewood Centre – Umbrellas Program](#)
1-800-825-6325

Resources that can support PMD

Online Resources

[The Shoppers LOVE.YOU. Women's Clinic](#)

[Centre for Addiction and Mental Health Postpartum Depression](#)

[Mount Sinai Hospital Perinatal Mental Health Program](#)

[Sunnybrook Health Sciences Centre Women's Mood and Anxiety Clinic: Reproductive Transitions](#)

[Peel Postpartum Mood Disorder Program](#)

[BC Children's Hospital Reproductive Mental Health](#)

Programs for Partners

[Fathers Mental Health](#)
[PMD in Peel for Dads](#)

Self-Help

[Managing Depression - A Self-help Skills Resource](#)
[Big White Wall](#)
[MoodGYM](#)
[Palouse Mindfulness](#)
[MindShift](#)
[Antidepressant Skills](#)
[PTSD](#)
[Find a Therapist](#)



durham.ca/PMD

If you require this information in an accessible format, contact 905-666-6241 or 1-800-841-2729.

<p>The Shoppers LOVE.YOU. Women's Clinic www.ontarioshores.ca/shoppers_love_you_womens_clinic</p>	<p>The Shoppers LOVE.YOU. Women's Clinic provides up to 12 months of focused consultation to women with perinatal mood disorders and other reproductive issues that affect a women's mental health. Our clinical team includes a psychiatrist, a nurse practitioner, a registered nurse and a registered social worker. The clinic is for women, 18-65 years old, who have symptoms of mental illness related to the perinatal period (pregnancy and postpartum), pre-menstrual mood symptoms, and menopause. We offer psychiatric assessment and consultation, psychoeducation, individual psychotherapy, supportive counselling and pharmacotherapy (medications), which can be provided onsite at Ontario Shores or through the Ontario Telemedicine Network (OTN). The individual psychotherapy offered is Cognitive Behaviour Therapy and Interpersonal Psychotherapy, which is evidence, based treatment for mood and anxiety disorders. Referrals can be made by Health Care Professionals.</p>
<p>Brock Community Health Centre www.brockchc.ca/primary-health-care</p>	<p>Brock Community Health Centre provides primary health care and counselling to women, in particular with PMD. We screen and treat medically, make referrals to specialists, provide CBT counselling and community navigation.</p>
<p>Canadian Mental Health Association www.cmhadurham.ca</p>	<p>Nurse Practitioner-Led Clinics integrate health promotion, disease prevention, chronic disease management, and care coordination for clients of all ages and their families. Additionally, CMHA Durham NPLC provides specialized mental health care to diagnose, monitor, and treat symptoms of mental illness in a safe and supportive environment. NPLC services include but are not limited to; sexual health, prenatal health care, well baby care, immunization program, and health education programs.</p>
<p>Carea Community Health Centre www.careachc.ca</p>	<p>Carea Community Health Centre provides primary health care and therapy services to those living or working in the Durham Region. We help our clients to find better ways to cope with the challenges they are experiencing and with their physical health and mental health concerns. Our therapists provide brief and time limited therapy to our clients that is informed by evidence-based psychotherapies. We provide counselling services for individuals, groups, families and couples. We see clients of all ages at our Ajax, Pickering and Oshawa locations; and up to the age of 24 at the Whitby location. If you would like to access our services, please contact us to book an appointment with one of our providers.</p>
<p>Catholic Family Services www.cfsdurham.com/english/Index_1.html</p>	<p>Catholic Family Services of Durham is a family counseling agency offering group, individual, couple and family therapy to community members regardless of their religious affiliation. The fee for service is determined based on a sliding scale according to income and no one is denied service based on inability to pay. We have expertise working with those experiencing family violence and/or trauma as well as providing priority counselling to pregnant and post-partum women with anxiety/depression/emotional distress. We work in conjunction with additional community services that may be helpful to situation including medical and mental health services.</p>
<p>Family Services Durham www.durham.ca/en/living-here/counselling.aspx</p>	<p>Family Services Durham (FSD) provides counselling to people who live or work in Durham Region. Counselling is offered to adults, teens, and children age six and older. Counselling may be provided to individuals, families or couples. Counselling can help you find solutions to many types of problems. Counselling fees are set on a sliding scale based on your income and family size. FSD will not deny service due to an inability to pay. Counselling services are offered in a variety of locations across Durham Region (Whitby, Ajax, Oshawa, Bowmanville, Port Perry, Uxbridge, Beaverton, Cannington and Sunderland).</p>
<p>Rose of Durham www.roseofdurham.com/program-services</p>	<p>Rose of Durham provides counselling support to young parents (26 and under for women and 30 for men). We offer individual supportive counselling and parenting programs both individually and in group format. All of our services are attachment focused. All of our services are free of charge. Services are available throughout Durham Region.</p>
<p>Pregnancy and Infant Loss Network (PAIL NETWORK) www.pailnetwork.sunnybrook.ca</p>	<p>Pregnancy and Infant Loss (PAIL) Network is a provincial program that provides support to families and education to health care professionals. Free peer-led support is available to any families in Ontario who have experienced the loss of a pregnancy at any stage or the death of their baby, up to 12 months of age. Families have the option of attending in person support in one of the Circles of Support groups that meet in various communities all across Ontario or 1:1 phone support. Families can self-refer by completing a Request for Support on our website, at www.pailnetwork.ca. For more information about PAIL Network and our services for families and professionals, please visit our website at pailnetwork.ca. We believe no one should grieve alone.</p>
<p>Umbrellas Program www.lakeridgehealth.on.ca/en/ourservices/resources/Mental-Health-/MH-and-Pinewood-brochure--FINAL-Sept.-27.pdf</p>	<p>Pinewood Centre of Lakeridge Health Umbrella Program offers specialized services for women who are pregnant or newly parenting and concerned about their use of drugs/alcohol. Services include counselling and individualized case management developed from a women centred model that emphasizes client choice, empowerment and self-respect. Women interested in support can self-refer to any Pinewood Centre office across Durham Region. There is no fee for service.</p>
<p>Durham Region Health Department PMD support group www.durham.ca/en/health-and-wellness/postpartum-depression.aspx</p>	<p>The Durham Region Health Department Perinatal Mood Disorder group is a peer support group intended for pregnant women who are experiencing a mood disorder and new mothers who are having difficulty with postpartum adjustment and are experiencing symptoms of PMD.</p>