

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.



Supports and services listed below are available at no cost.

THERAPY/PEER SUPPORT GROUPS

Durham Region Health Department Steps to Wellness Before and After Baby

Phone: 1-800-841-2729

www.durham.ca/pmd

A free virtual group program that provides Cognitive Behavioural Therapy (CBT) for individuals experiencing symptoms of Perinatal Mood Disorder. This 9-week registered group is for pregnant and postpartum mothers with babies up to 18 months of age. Clients can self-refer.

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

Email: centralizedreferral@ontarioshores.ca

Phone: 1-877-767-9642

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.

North York General Hospital – Postpartum Support Group

Email: ppdgroup@nygh.on.ca

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.

Women's College Hospital – Postpartum Support Group

www.womenscollegehospital.ca

Online support group for postpartum birthing parents with a baby under 1 year of age.

ONLINE RESOURCES

Postpartum Support International (PSI)

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

24/7 support to all Indigenous people across Canada.

Metis Nation of Ontario - Mental Wellness Programs

www.metisnation.org

Helps Métis Citizens of all ages in Ontario. Offers support in person, over the phone, or by video call. Service providers include mental health and addiction professionals. Help is provided in both English and French

Best Start

www.resources.beststart.org/for-parents

Managing Depression – A Self-help Skills Resource for Parents Living With Depression During Pregnancy, After Delivery and Beyond

BounceBack

(Canadian Mental Health Association)

www.bouncebackontario.ca

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

Canadian Network for Mood and Anxiety Treatments (CANMAT)

www.canmat.org

Seeds of Hope: Patient and Family Guide for Perinatal Mood, Anxiety and Related Disorders

To learn more about perinatal mood, anxiety and related disorders.

MomsOverMatter

www.momsovermatter.ca

Mental health support during the postpartum period.

OTHER THERAPY BASED APPS

MindShift CBT App

SUPPORTS FOR FATHERS

Men's Counselling Link

<https://211ontario.ca/about/mens-counselling/>

Postpartum Men

www.postpartummen.com

Heads Up Guys

www.headsupguys.org

Canadian Centre for Men and Families

www.menandfamilies.org

Canadian Men's Health Foundation

www.menshealthfoundation.ca

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

CRISIS SUPPORT LINES (24/7)

Distress Centre Durham Distress Line

1-800-452-0688

Durham Mental Health Services Crisis Services

1-800-742-1890

Hope for Wellness

1-855-242-3310

24/7 support to all Indigenous people across Canada

9-8-8 Suicide Crisis Helpline

Call or text 9-8-8



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/health

Dial 311 (within regional limits)

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

