



MY BUNDLE OF

JOY

...But why am I not joyful?

Postpartum Depression

Brant Services & Supports

1 in 6 mothers will have a
postpartum mood disorder...

You are not alone.
It is not your fault.
There is hope.
There is help.

www.eycbrant.ca/ppd

Have you had some of these symptoms for two weeks or longer?

You may:

- Not feel yourself
- Be sad and tearful
- Feel exhausted, but unable to sleep even when the baby sleeps
- An increase or decrease in appetite
- Feel overwhelmed and can't concentrate
- Have no interest or pleasure in activities you used to enjoy
- Feel hopeless or frustrated
- Feel restless, irritable or angry
- Feel anxious - you may feel this as aches, chest pain, shortness of breath, numbness, tingling or "lump" in the throat
- Feel guilty and ashamed, thinking you are not a good mother
- Not be bonding with the baby, or be afraid to be alone with the baby
- Have repeated scary thoughts about the baby

Reference www.lifewithnewbaby.ca

Do you or a friend need help? Don't wait - call

- Your health care provider (family physician, midwife, nurse, OB/GYN, psychiatrist, private therapist)
- Mental Health Emergency Crisis Line (24 hours)
Brantford General Hospital
519-752-2273
- Mental Health Crisis Services (24 hours)
St. Leonard's Community Services
519-759-7188 or 1-866-811-7188
- Telehealth Ontario (24 hours)
1-866-797-0000 or TTY 1-866-797-0007
- Canadian Mental Health Association (CMHA)
519-752-2998
- Family Counselling Centre of Brant
519-753-4173

For more information on PPD services contact:
Ontario Early Years Centre: Brant 519-759-3833
Kids Can Fly www.kidscanfly.ca