

Postpartum Blues...

- Can affect up to 80% of new mothers.
- Some symptoms may include:
 - frequent and prolonged crying, anxiety, lack of sleep, and irritability.
- Occurs within the first few days after birth.
- Can last about two weeks.

Postpartum Depression...

- Can affect about one in five women.
- Sometimes the “blues” can last longer than two weeks.
- You may also feel that you are not bonding with your baby.
- You may be afraid to be alone with him/her.
- Postpartum depression can affect 1 in 10 men.
- Fathers can experience symptoms closer to one year after the birth of baby.

Postpartum Psychosis...

- Is a rare but very serious illness!
- Thoughts of harming yourself or your baby?
- Hearing or seeing things that are not there?
- Paranoia or confusion?
- This condition requires immediate medical attention!

CALL your health care provider or the RESOURCES listed on this brochure for HELP

References:

www.lifewithnewbaby.ca

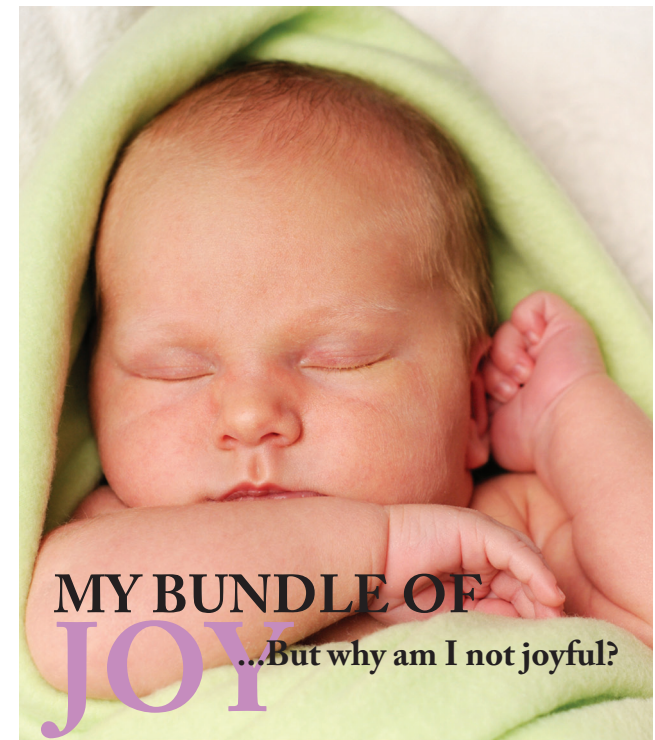
<http://postpartumprogress.typepad.com/weblog/2005/10/fathers.can.suf.html>

Need to help a friend?

- Your family Physician or Health Care Provider
- CAST (Crisis Assessment and Support Team)
1-866-487-2278 (24 hours)
- Norfolk General Hospital
519-426-0750 (24 hours)
- Haldimand War Memorial Hospital
905-774-7431(24 hours)
- West Haldimand General Hospital
905-768-3311(24 hours)
- Canadian Mental Health Association
Haldimand-Norfolk Branch (CMHA)
1-888-750-7778
- Ontario Early Years Centre
(a unit of H-N REACH)
1-866-463-2759
8:30 a.m. - 4:00 p.m.
- Haldimand-Norfolk Health Unit
519-426-6170, 905-318-5367 and
905-774-3333
8:30 a.m. - 4:30 p.m.
- Telehealth Ontario
1-866-797-0000



September 2010



Postpartum Adjustment Group

Come out and talk to new moms and dads adjusting to parenthood. Support groups are led by health professionals.

YOU ARE NOT ALONE!

There is help!



Call: 1-866-463-2759 or
Email: oeyc@hnreach.on.ca

Who are we?

The Postpartum Support committee consists of health care professionals from local community service agencies including:

- Haldimand Norfolk Health Unit
- Ontario Early Years Centre - Haldimand & Norfolk
- Haldimand-Norfolk REACH
- Canadian Mental Health Association, Haldimand-Norfolk Branch
- Midwives of East Erie
- Community Addiction and Mental Health Services of Haldimand & Norfolk
- La Leche League

What are our goals?

- To increase the awareness of postpartum depression in the community.
- To provide resources to support you as a new parent.



Who should attend?

- Mothers and fathers who are currently experiencing, or have experienced sadness, anxiety, mood changes, hopelessness, exhaustion and any other characteristic or stressor of being a new parent.
- Family and friends of new parents are encouraged to attend.

What do you need to know?

- No referral required
- No fee for support group
- Limited childcare available*
- Transportation can be made available*
- Registration required

*Please advise of these needs when registering.

When are the meetings?

**Fourth Monday of every month
1:30 - 2:30 p.m.**

Ontario Early Years Centre,
12 Colborne St., Simcoe

To register, call or email:

Ontario Early Years Centre - Haldimand & Norfolk
1-866-463-2759
oeyc@hnreach.on.ca

Questions?

Sandra Mooney,

CMHA, H-N Branch, 519-428-2380 Ext. 213
smooney@cmha-hn.ca

or

Lynda Burville,

H-N Health Unit, 519-426-6170 Ext. 3367
lynda.burville@hnhu.org

“We are here to support mothers and fathers and to increase the awareness of post partum depression in the community.”

