

If you feel like hurting yourself or your baby, or are thinking about suicide, get help right away.

**Call 911**  
**Go to the nearest hospital emergency room.**



**You can get help from:**

- Your Health Care Provider
- Family Physician
- Nurse Practitioner
- Nurse
- Obstetrician
- Call your local Public Health Nursing Office and speak to a Public Health Nurse
- Women's Wellness Program  
**1-844-365-8258**  
Choose Option 1 or 2
- TeleHealth: Dial **8-1-1** to access non-emergency health information. Dial **7-1-1** (TTY), if you are hearing impaired.

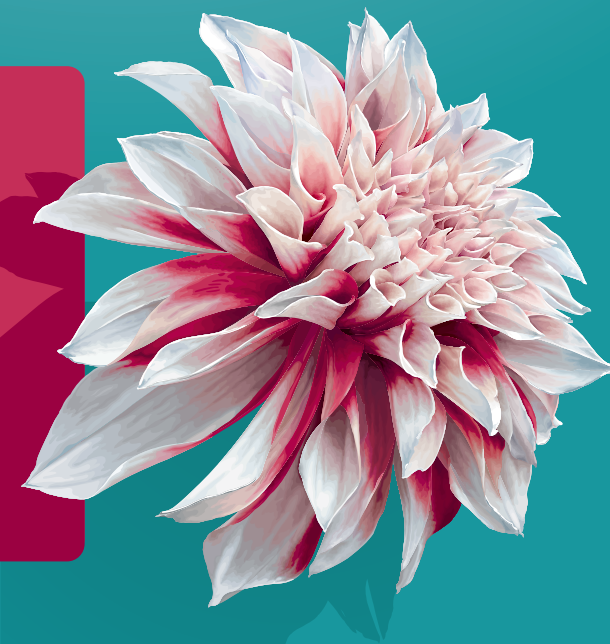
**Health PEI**

One Island Health System

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


# Women's Wellness Program

## Postpartum Mood Disorders



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# Postpartum mood disorders are REAL.

## Mental Health Check In

- Have you been bothered by feelings of sadness, hopelessness or anxiety in the past 2 weeks?
- Have you been bothered by having little interest or pleasure in things you used to enjoy?
- Have these feelings interfered in your daily functioning, relationships or connection to your baby?

If yes, talk to someone you trust or seek help from any of the services noted on the back of this brochure.

**1 in 10 fathers may also have PMD. If you identify with the above stated symptoms, get information and support as well.**

## What You Can Do:

- ✓ Share your feelings with someone you trust
- ✓ Ask for help
- ✓ Take care of yourself
- ✓ Take time for yourself
- ✓ Get counselling or join a support group
- ✓ Talk with your health care provider about taking medications

## What You Can Do, If You Are a Partner, Family Member or Friend:

- ✓ Listen and support her feelings
- ✓ Be helpful and don't judge her
- ✓ Encourage her to seek help
- ✓ Develop your relationship with the baby
- ✓ Educate yourself about PMD
- ✓ Take time for yourself
- ✓ Find someone you can talk to



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