

ONLINE RESOURCES – SELF HELP for Anxiety and/or Depression During Pregnancy or After the Birth of Your Baby

PROVINCIAL RESOURCES

Women's Wellness Program
1-844-365-8258

Mental Health Walk -In Clinics – (Check schedule every week)
<https://www.princeedwardisland.ca/en/information/health-pej/mental-health-walk-clinics>

Crisis Intervention – PCH/QEH Emergency

Crisis Information Line (Island Helpline)
1-800-218-2885

Community Mental Health

Souris	(902) 687-7110
Montague	(902) 838-0960
Charlottetown	
McGill Center	(902) 368-4911
Richmond Center	(902) 368-4430
Summerside	(902) 888-8180
Alberton	(902) 853-8670
O'Leary	(902) 853-8670

Coping with Depression and Anxiety During Pregnancy and Following the Birth – A self-management guide for women and health care providers.

<http://www.bcmhsus.ca/Documents/coping-with-anxiety-during-pregnancy-and-following-the-birth.pdf>

Celebrating the Circle of Life: A guide to emotional health in pregnancy and early motherhood for Aboriginal women and their families

<http://www.bcmhsus.ca/Documents/celebrating-the-circle-of-life-coming-back-to-balance-and-harmony.pdf>

The Pacific Postpartum Support Society: The Postpartum Journey

<http://postpartum.org/the-journey/journey-resources/>

Growing Together Toolkit: A toolkit for community service providers who support mothers and their young children and families - <https://www.bccf.ca/bccf/resources/growing-together-toolkit/>

Here to Help - <http://www.heretohelp.bc.ca/>

Resources include - factsheet postpartum depression; workbook - Coping with Depression in Pregnancy & Following the Birth, Antidepressants in Pregnancy and Lactation and Substance Use and Pregnancy

Anxiety BC -<https://www.anxietybc.com/>

Site provides information to help you understand anxiety, as well as resources and tools to help you manage your anxiety. See Resources and Self-Help.

Motherisk - <http://www.motherisk.org/>

Toll- Free: 1-877-439-2744; Toll-Free Alcohol & Substance Call: 1-877-327-4636

Monday – Friday: 9-noon and 1-5 eastern standard time

Sick Kids Hospital in Toronto ON Canada hosts an information centre for drug safety in pregnancy and breastfeeding, including medications commonly used for mental health problems. Risk/benefit assessment must always be done on an individual basis. Call-in line for women and their families/public-information only.

Canadian Mental Health Association – PEI Branch - <http://pei.cmha.ca/>

Health Canada – Mental Health and Wellness - <https://www.canada.ca/en/public-health/topics/mental-health-wellness.html>

Information about mental health and wellness.

KIDCARE CANADA nurturing the best possible start - <http://kidcarecanada.org/videos>

KIDCARECANADA videos are designed for parents of infants. However nurturing is needed at every stage of life and the concepts included in these videos can apply to all ages. Our need to feel happy and safe in relationships is lifelong.

Health PEI – Public Health Nursing – see Resources

<https://www.princeedwardisland.ca/en/information/health-pej/public-health-nursing>