



Postpartum Depression

HALDIMAND NORFOLK
SERVICES & SUPPORTS

1-in-6 mothers will have
postpartum depression...

You are **not** alone.

It is **not** your fault.

There is **hope**.

There is **help**.

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

- Loss of appetite
- Overwhelming fatigue or insomnia
- Intense irritability and anger
- Lack of joy in life
- Feelings of shame, guilt or inadequacy
- Severe mood swings
- Difficulty bonding with your baby
- Withdrawal from family and friends
- Thoughts of harming yourself or your baby

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

- Your health care provider (family physician, midwife, nurse, OB/GYN, physiatrist, private therapist)
- CAST (Crisis Assessment and Support Team)
1-866-487-2278 (24 hrs)
- Canadian Mental Health Association (CMHA) - HN Branch
1-888-750-7778
- Dunnville - Haldimand War Memorial Hospital
905-774-7431 (24 hrs)
- Norfolk General Hospital **519-426-0130** (24 hrs)
- Haldimand-Norfolk Health Unit **519-426-6170**,
905-318-6623 8:30-4:30pm
- Women's Health Concerns Clinic Hamilton
905-522-1155 ext. 33979
- EarlyON Centre (A Unit of HN Reach)
1-866-463-2759 8:30am-4:00pm
- Telehealth Ontario **1-866-797-0000** (24 hrs)
- Postpartum International Telephone Support
1-800-944-4PPD

For more information on PPD services contact:
www.hnhu.org