

Perinatal Mental Health Supports

If you are pregnant or are a new parent who is feeling sad, anxious, overwhelmed and are having a hard time coping, help is available.



THERAPY/PEER SUPPORT GROUPS

Ontario Shores LOVE YOU by Shoppers Drug Mart Women's Clinic

Email: centralizedreferral@ontarioshores.ca
Phone: 1-877-767-9642

www.ontarioshores.ca

Short term, focused consultation and treatment to women with perinatal mood disorders and other reproductive issues that affect a woman's mental health. **Referrals** are accepted from any health care professional.

Community Care Durham - COPE Mental Health – Building Blocks Support Group

Email: cope@communitycaredurham.on.ca
Phone: 905-668-6223

www.communitycaredurham.on.ca

Virtual support group for mothers of children (0-6 years) who are having difficulty adjusting to life with a baby, toddler or those who need support with parenting challenges.

North York General Hospital – Postpartum Support Group

Email: ppdgroup@nygh.on.ca

www.nygh.on.ca

Virtual support group for postpartum individuals following the birth of their baby and up to 1 year postpartum who are experiencing symptoms of postpartum anxiety, postpartum depression and/or would like support with coping with a newborn.

ONLINE RESOURCES

Perinatal Wellbeing Ontario (PWO)

www.perinatalwellbeing.ca

Individual or group peer support options, pay-what-you-can therapy, and other resources.

Postpartum Support International (PSI)

www.postpartum.net

A call or text helpline for questions and concerns, online support groups, and a local service provider directory.

Hope for Wellness

www.hopeforwellness.ca

24/7 support to all Indigenous people across Canada.

Best Start

www.beststart.org

Managing Depression: A Self-help Skills Resource for Women Living With Depression During Pregnancy, After Delivery and Beyond.

BounceBack

(Canadian Mental Health Association)

www.bouncebackontario.ca

New Parents Skill-building Program delivered via phone/online videos.



HEALTH
DEPARTMENT

OTHER THERAPY BASED APPS

MindShift CBT App (Anxiety Canada)

MindBeacon

SUPPORTS FOR FATHERS

Fathers Mental Health
www.fathersmentalhealth.com

Postpartum Men
www.postpartummen.com

Heads Up Guys
www.headsupguys.org

ADDITIONAL MENTAL HEALTH RESOURCES

Mental Health Services in Durham Region
<https://211central.ca/durham-region/>

Community Resource Guide for Pregnant and Parenting Families
www.durham.ca/parentsupport

CRISIS SUPPORT LINES (24/7)

Distress Centre Durham Distress Line
1-800-452-0688

Durham Mental Health Services Crisis Services
1-800-742-1890

Metis Nation of Ontario 24HR Mental Health and Addictions Crisis Line
1-877-767-7572

Ontario Shores Crisis Line
1-800-263-2679

Talk Suicide Canada (formerly Crisis Services Canada)
1-833-456-4566 Text: 45645



If you are experiencing a mental health crisis call 9-1-1 or go to your local emergency department

Lakeridge Health Ajax Pickering
580 Harwood Ave S, Ajax, ON L1S 2J4

Lakeridge Health Bowmanville
47 Liberty St S, Bowmanville, ON L1C 2N4

Lakeridge Health Oshawa
1 Hospital Ct, Oshawa, ON L1G 2B9

Lakeridge Health Port Perry
451 Paxton St, Port Perry, ON L9L 1L9



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca



If you require this information in an accessible format, contact 1-800-841-2729.

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