

# Understanding Your Mental Health during Pregnancy and Postpartum

**24 Hour Crisis Line** 1-888-353-CARE (2273)

## HealthLink BC :

- **Depression during pregnancy** - <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=tn9778>
- **Baby blues** - <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=tn7417>
- **What is Postpartum Depression?** - <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=tn9653>



**Anxiety BC** - Resources, results, relief. Information pages for “Moms to be” and “New Moms” <http://perinatal.anxietybc.com/>

## Pacific Post Partum Support Society

A non-profit society dedicated to supporting the needs of postpartum mothers and their families. They also publish *Postpartum Depression and Anxiety: A Self-Help Guide for Mothers*. Website: <http://www.postpartum.org/> **Phone Toll-Free: 1-855-255-7999**

**Coping with Depression** during pregnancy and following birth - a cognitive therapy-based self management guide for women <http://www.postpartum.org/assets/pdfs/Att%2025%20BCRMH%20Coping%20with%20Depression.pdf>

**BC Mental Health Information Lines** Offers information and advice 24 hours a day. Phone: 310-6789 (no area code needed) - this is a provincial line. This line provides empowering emotional support and information. Visit <http://www.heretohelp.bc.ca/factsheet/postpartum-depression>



**Postpartum Depression Awareness (PPDA)** Resources and help. <http://www.ppda.ca>

**Community Connections Counselling and Consultation:** Counselling services provided at Community Connections include screening and assessment for individuals, group and family counselling needs. These services are provided free of charge. Call 250-837-2920

**In Revelstoke, call Public Health (250-814-2244),  
your health care provider (doctor or midwife) or 811**

## What to Expect Postpartum

### What is postpartum?

During the first weeks after giving birth, your body begins to heal and adjust to not being pregnant. This is called postpartum (or the postpartum period). Your body goes through many changes as you recover. These changes are different for every woman.

### How can you care for yourself?

It is easy to get too tired and overwhelmed during the first weeks after childbirth. Take it easy on yourself.

- Try to sleep when your baby does.
- Ask another adult to be with you for a few days after delivery.
- Let family and friends bring you meals or do chores.
- Plan for child care if you have other children.
- Plan small trips to get out of the house. Change can make you feel less tired.
- Drink extra fluids if you are breast-feeding.



What to expect postpartum: <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=abl1277#abl1278>



Ask your doctor for a copy of the *Your Body after Baby* handout from the Physiotherapy Association of British Columbia

This handout provides information on what to expect as your body heals and how to know if you need help.

Tips for what to do as you heal:

- ◆ Try not to slouch when sitting, standing, nursing or carrying your baby. Use pillows to support your back and baby.
- ◆ Begin to gently contract your pelvic floor muscles and deep abdominal muscles. Your pain should not increase when you use these muscles gently. Slowly increase the number of contractions and start holding each one for up to 5 seconds (10 seconds is your goal).
- ◆ Stretch your back, buttocks and shoulders to help relieve soreness.
- ◆ Rest is just as important as exercise at this stage so allow yourself time to adjust and take time to listen to your body. [http://dianelee.ca/documents/post\\_partum\\_brochure.pdf](http://dianelee.ca/documents/post_partum_brochure.pdf)



**You are the most important person in your child's life.** Take care of yourself in order to be able to best care for your child.

Consider your nutrition, sleep, and exercise needs.



## Supports and Information Resources:

- **Revelstoke Mental Health & Substance Use Services:** 250-814-2241
- **Motherisk** – includes information on morning sickness, drugs in pregnancy and breastfeeding, use of supplements (vitamins), herbal products and more: <http://www.motherisk.org/women/index.jsp> or phone: 1 (877) 439-2744
- **Health Canada Fetal Alcohol Spectrum Disorder**, information - <https://www.canada.ca/en/health-canada/services/healthy-living/your-health/diseases/fetal-alcohol-spectrum-disorder.html> For more information contact our local **FASD Key Worker** at (250) 833-0164 ext. 7 or email: [keyworker@shuswapchildrens.ca](mailto:keyworker@shuswapchildrens.ca)

## Tobacco Reduction

- **Quit Now** - [www.quitnow.ca/](http://www.quitnow.ca/)
- **Smokers helpline** - <http://www.smokershelpline.ca/>
- **On the road to quitting** – guide to becoming a non-smoker - <http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/nou-maintenant/road-voie/index-eng.php>



## HIV and Pregnancy

- **CATIE**-You can have a healthy pregnancy if you are HIV positive. <http://www.catie.ca/en/practical-guides/pregnancy>

## Experiencing Violence

- **RCMP Victim Services** - Phone: (250) 837-9260. Links to Provincial and Federal Resources: <http://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime>
- **Revelstoke Women's Shelter** - Phone: (250) 837-1111 <http://revelstokewomensshelter.com/>
- **VictimLink BC** 1-800-563-0808, **TDD:** 1-604-875-0885 **Text:** 1-604-836-6381 Collect calls accepted. 24 Hours a day, 7 days a week. Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.
- **Domestic Violence BC** - It's Never OK: <http://www.domesticviolencebc.ca/>

## Contraception

- Sexuality and U website provides information on options: <http://www.sexualityandu.ca/birth-control>
- **Options for Sexual Health in Revelstoke:** Confidential unbiased and nonjudgmental services and sexual awareness information open to all ages. Wednesday evenings, 7:00-9:00 PM at Selkirk Medical Clinic, #201-101 1st St W, Phone: 1-800-739-7367  
Website: [www.optionsforsexualhealth.org](http://www.optionsforsexualhealth.org)  
Email: [revelstokeopt@gmail.com](mailto:revelstokeopt@gmail.com)