

Postpartum Mood Disorders Backgrounder

Background

Postpartum mood disorder (PPMD) has been identified as one of the most common complications of childbearing with one in five new mothers suffering. This disorder can be detrimental to the mother and the child if not recognized promptly and treated.

If a new mom feels sad, tearful, exhausted but unable to sleep, overwhelmed, hopeless, restless or anxious for more than two weeks, she should seek help immediately.

Women can call their health care provider, their public health office or Telehealth Ontario at 1-866-797-0000 or TTY at 1-866-797-0007; or Mental Health Services Information Ontario at 1-866-531-2600.

It's so important for women to understand that life with a new baby is not always what you expect.

About the Postpartum Mood Disorder Campaign

Best Start Resource Centre is committed to raising awareness about postpartum mood disorders and is launching a provincial awareness campaign in March 2007 to share information with women of childbearing age and their partners. The provincial awareness campaign will aim to reach Ontario residents through transit and shopping mall advertisements, posters, brochures and a website www.lifewithnewbaby.ca. Best Start is also committed to working with community health agencies to provide them with the resources required to support this provincial campaign on a local level.

About Best Start Resource Centre

Best Start: Ontario's Maternal, Newborn and Early Child Development Resource Centre supports service providers across the province of Ontario working on health promotion initiatives to enhance the health of expectant and new parents, newborns and young children.

The Best Start Resource Centre provides consultation, training, information and resources. It works to share effective practices and research on maternal and newborn health promotion through its newsletter and website. The Resource Centre produces unique maternal, newborn and child health resources, including posters, brochures, manuals and an e-bulletin to help service providers with both program planning and program delivery.

Best Start Resource Centre is a key program of the Ontario Prevention Clearinghouse (OPC) and is funded by the Ontario government.

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*For more information about the Postpartum Mood Disorder Awareness Campaign, please contact:
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