

## Who is at Risk?

Top 4 Risk Factors:

1. Depression and anxiety in pregnancy
2. Recent stressful life events
3. Lack of social support
4. Personal history of postpartum depression or mental illness

## What Can Help?

Recognize the symptoms and ask for help from health care providers/programs available near you

Take Care of yourself

Do not blame yourself

Medication may be used in moderate to severe conditions

Some medications are safe during pregnancy and breastfeeding

## Resources Available in Peel:

- Hospital Emergency Department
- Distress Line Peel – 24 Hrs.  
**905-278-7208**
- Mobile Crisis Team – Peel – 24 Hrs.  
**905-278-9036**
- TeleHealth **1-866-797-0000**
  - Tele-Type-Writer-Relay Service -TTY (for Hearing Impaired) **1-866-797-0007**
- Peel Public Health –
  - Healthy Babies Healthy Children Program **905-799-7700**
- Canadian Mental Health Resources - Peel Branch **905-804-0123**



CREDIT VALLEY  
THE CREDIT VALLEY HOSPITAL

The Credit Valley Hospital  
2200 Eglinton Avenue West  
Mississauga, Ontario  
L5M 2N1  
905-813-2200

[www.cvh.on.ca](http://www.cvh.on.ca)

**The Credit Valley Hospital**

**Women's Reproductive  
Mental Health**

**Post - Partum  
Mood Disorders**

**“There is Help,  
It Won't Last Forever”**

## Pregnancy-Related Depression

- It affects 10 – 20% of women during pregnancy
- One in five mothers will experience depression and/or anxiety after giving birth
- More common than many people think

The experience of mood changes could be seen in three different ways:

### 1. Baby Blues/or Post-Partum Blues:

- Affects up to 85% of new mothers
- Crying spells, feeling sad/irritable
- Emotional changes worsen after giving birth
- These symptoms improve on their own within two weeks

### 2. Post-Partum Depression:

- More intense mood changes affect the mother's ability to cope
- Feeling of hopelessness
- Anxiety or panic attacks
- Having the opportunity to sleep but unable to sleep
- Fearing you might hurt yourself or your baby
- May develop any time in the first 24 months after birth
- Have changes in sleeping/eating patterns

### 3. Post-Partum Psychosis:

Is a serious condition

- Have thoughts of harming yourself or the baby
- Hear or see things that are not there
- Believe people or things are going to harm you or your baby
- Feel confused or out of touch with reality
- **Requires immediate help**

This questionnaire will assist in identifying the symptoms for **post-partum depression**.

## Edinburgh Post-natal Depression Scale

Please circle the response that best describes how you felt in the **PAST 7 DAYS for every question**.  
**This questionnaire should be repeated monthly.**

1. I have been able to laugh and see the funny side of things:  
0 As much as I always could  
1 Not quite as much now  
2 Definitely not as much now  
3 Not at all
2. I have looked forward with enjoyment to things:  
0 As much as I ever did  
1 Rather less than I used to  
2 Definitely less than I used to  
3 Hardly at all
3. I have blamed myself unnecessarily when things went wrong:  
3 Yes, most of the time  
2 Yes, some of the time  
1 Not very often  
0 No, never
4. I have been anxious or worried for no good reason:  
0 No, not at all  
1 Hardly ever  
2 Yes, sometimes  
3 Yes, very often
5. I have felt scared or panicky for no very good reason:  
3 Yes, quite a lot  
2 Yes, sometimes  
1 No, not much  
0 No, not at all

6. Things have been getting on top of me:  
3 Yes, most of the time I haven't been able to cope at all  
2 Yes, sometimes I haven't been coping as well as usual  
1 No, most of the time I cope quite well  
0 No, I have been coping as well as ever
7. I have been so unhappy that I have had difficulty sleeping:  
3 Yes, most of the time  
2 Yes, quite often  
1 Not very often  
0 No, not at all
8. I have felt sad or miserable:  
3 Yes, most of the time  
2 Yes, quite often  
1 Not very often  
0 No, not at all
9. I have been so unhappy that I have been crying:  
3 Yes, most of the time  
2 Yes, quite often  
1 Only occasionally  
0 No, never
10. The thought of harming myself has occurred to me:  
3 Yes, quite often  
2 Sometimes  
1 Hardly ever  
0 Never

If you answered YES to question 10 or your score is greater than 11-12, immediately contact your Family Physician or any of the Emergency Resources listed in this brochure.

**Cox JL, Holden JM & Saqovsky R. Detection of Post-natal Depression. Development of the 10 item Edinburgh Post-natal Depression Scale. British Journal Psychiatry 1987; 150: 782-786**