

## Get Help Early

Perinatal depression and anxiety are medical conditions that usually respond well to treatment. With prompt and appropriate care, you can expect to recover and feel well again. Early intervention is the key.

Don't be afraid to ask for help for yourself or someone you know.

## How to start:

Check us out at:

127 Cedar Street  
Sudbury, ON  
Or call us at  
**705.523.4988**  
**ext. 4242**

## Online resources:

<http://postpartum.org/>

<https://www.phsd.ca/health-topics-programs>

<http://nisa.on.ca/>

<https://www.postpartum.net/>

## Office Hours:

Monday to Friday  
8:30 a.m. to 4:30 p.m.

There is no direct cost to you as this program of Health Sciences North/ Horizon Santé-Nord is funded by the Ministry of Health and Long Term Care.

# The Perinatal Mental Health Program



Health Sciences North  
Horizon Santé-Nord

127 Cedar Street  
Sudbury ON P3E 1B1  
705.523.4988  
[www.hsnsudbury.ca](http://www.hsnsudbury.ca)



Health Sciences North  
Horizon Santé-Nord

(disponible en français)

## What is Perinatal Mental Health?

Pregnancy and childbirth are usually joyous and fulfilling experiences for women and their families.

However, research shows that upwards of 20% of women will experience significant problems with depression and/or anxiety during the perinatal period.

The perinatal period refers to the span of pregnancy, childbirth and up to 12 months after the baby is born.

## The Perinatal Mental Health Program (PMHP)

We understand that caring for your baby, your family and for yourself can be difficult, especially when symptoms such as depression and anxiety get in the way. The care we provide will help you recognize how these symptoms can sometimes change the way you think and feel about yourself and others, including your baby, and will help you to explore ways of managing the challenges you face.

## Our Team

The PMHP team consists of a registered nurse, a registered social worker, a program coordinator, a program secretary and a consulting psychiatrist.

## Who do we serve?

The PMHP serves women who are 16 years of age or older, who are experiencing depression and/or anxiety, and who are at least 28-weeks pregnant or have a child who is less than a year old and is living with the mother.

## Who can refer?

Anyone can refer. The PMHP accepts  
Self-referrals,  
Referrals by community agencies,  
Family doctor/Nurse practitioner  
Midwives, and  
Other health care providers

## What do we offer?

- Individual assessment and treatment
- Family assessment and support
- Referral to other community resources

At times, at the discretion of the PMHP Team, an assessment through a Psychiatrist who specializes in helping mothers with depression and anxiety, may be recommended. This assessment may be needed to assist you and the PMHP Team in coordinating treatment that is best suited for your needs.

## Privacy & Confidentiality

Your information is kept private as outlined in the Personal Health Information Protection Act, 2004 (PHIPA). If you have any questions please ask.

## What is the wait-time for an appointment?

A PMHP team member will call you to book an appointment once your referral is received by our program. Please note that we are making every effort to provide service as quickly as possible. However, because of a high volume of referrals, your name may be placed on a waitlist for services. For this reason, please keep regular contact with your family physician, nurse practitioner and/or any other community supports available to you.

If you need immediate support, please call the Crisis Intervention Team at 705-675-4760, 24 hours a day, 7 days a week. Between 8:00 a.m. and 10:00 p.m., the Crisis office is available for walk-ins and is located at 127 Cedar Street, Sudbury. Otherwise, go to the HSN Emergency Department, 41 Ramsey Lake Road, Sudbury.

