

Perinatal Resources

Online Information and/or Self-Help Resources

- **Managing Depression: A Self-Help Skills Resource for Women Living with Depression During Pregnancy, After Delivery and Beyond** (Bilsker & Paterson, 2014)

“This workbook (free online downloadable pdf) is for women living with depression during pregnancy, after delivery and beyond; and their clinicians or service providers. It provides information about depression and healthy lifestyle behaviours, and skills for managing depression. Concerned partners, family members or friends may also find this resource helpful.” Available in English and French.

<https://www.sfu.ca/carmha/publications/managing-depression-pregnancy-childbirth.html>

- **Anxiety Canada:** www.anxietycanada.com

“Free online, self-help, and evidence-based resources on anxiety and anxiety disorders.” Has information specific to mothers to be and new mothers.

- **www.drdawnkingston.com**

Based out of the University of Calgary, Dr. Dawn Kingston’s “research focuses on improving perinatal mental healthcare by developing and evaluating approaches for screening and treating women who struggle with depression and anxiety during pregnancy”. Her website provides information about emotional well-being in pregnancy and beyond. You may also be eligible to sign up for free online CBT during the perinatal phase as part of her research, see information on her website.

- **Centre for Clinical Interventions:** www.cci.health.wa.gov.au

Free online, evidence-based information and workbooks (free downloadable pdfs) for a variety of common mental health problems, including anxiety, depression, and perfectionism. Not specific to the perinatal phase. Provided by the Government of Western Australia.

- **Expecting Mindfully: Nourish your Emotional Well-Being and Prevent Depression During Pregnancy and Postpartum** (Dimidjian & Goodman, 2019)

Clear, step-by-step workbook for moms and moms-to-be, grounded in mindfulness-based cognitive therapy (evidence-based). “The authors are leading experts on the emotional challenges of pregnancy and early parenting and how to overcome them. Guided meditations and gentle yoga practices help you build crucial skills to prevent depression, ease anxiety, and minimize stress during this unique and important phase of your life.”

- **Books on Relationships**

“And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives” (Gottman and Gottman)

In Person or Phone Support

- **Distress Centre** (all ages) www.distresscentre.com

Free crisis support in Calgary and southern Alberta by phone, online, and in person.

- 24/7 phone crisis support for adults: 403-266-4357 (HELP)
- Face-to-face support: walk-in appointments weekdays 1–4pm, or submit an intake by calling the crisis line or submitting a form on the website
- Online crisis chat: available 3-10pm weekdays and 12-10pm weekends (for adults)

- **Access Mental Health** (403-943-1500)

In this program, clinicians work over the telephone to help you navigate the addiction and mental health system. They are familiar with both Alberta Health Services and community-based programs and will explore options and direct/refer you to the most appropriate resource to meet your needs. They will also tell you whether or not access to a particular program requires physician referral. Access Mental Health (AMH) is a non-urgent service.

- There are 4 interdisciplinary community mental health clinics that provide perinatal mental health services (psychiatry and therapy amongst other options) to individuals in their catchment area. The process is by self-referral through AMH (physicians may provide a referral, but you will have to complete a phone screen with AMH yourself as well). Notify AMH that you are pregnant in order to be prioritized for these services.

➤ **East Calgary Health Centre – Perinatal Mental Health Program**

This multidisciplinary clinic located at 4715 8th Ave SE is for women who are at least 24 weeks pregnant and less than 9 months postpartum, with a primary concern of depression or anxiety. The clinic requires that you have a physician of record, have custody of your children, are not actively abusing substances, are not involved with other programs, do not have bipolar disorder or psychosis, and are not involved with domestic violence. Physician referral required.

➤ **Families Matter:** familiesmatter.ca (403-205-5178)

A local community organization that takes self-referrals and offers a variety of free supports and services to families, including women with post-partum depression. Services include telephone, group, and in-home supports. They also have Mom and baby drop-in classes and a Dads post-partum depression and education group.

➤ **One Step At A Time**

Free counseling service for a wide variety of concerns, through the Calgary Foothills PCN, available to you as long as you have a family physician. You can self-refer via 1-855-792-3726 or your physician can submit a referral on your behalf, after which you can call the same phone number to book your appointment. The clinic is located at the Crowfoot Primary Care Centre (suite 201, 60 Crowfoot Cresc. NW). Appointments are 1 to 1.5 hours long and involve a single session, consultative model. The goal is to be as helpful to you as possible in a single session, and any future appointments are booked if needed, as needed by you.

➤ **Behavioural Health Consultant (BHC)**

In collaboration with your physician, the BHC can provide short-term consultation to help manage a variety of concerns during pregnancy and after delivery, and can help you to navigate and connect with services in the community as needed. Concerns may include: sleep, stress, anxiety and depressive symptoms, managing the transition to parenthood, relationship concerns, managing a difficult pregnancy, managing with a medically complex baby, etc. Located in your physician's office, enquire about access through your physician.

➤ **Community counselling agencies (not specific to perinatal phase): provide counselling on a sliding scale according to your ability to pay (self-referral)**

Calgary Counselling Centre: (403) 691-5991 www.calgarycounselling.com

Carya: (403) 269-9888 <http://caryacalgary.ca/>

Catholic Family Services: (403) 233-2360 <https://www.cfs-ab.org/> (*No association with Catholic faith necessary)

➤ **Pregnancy and Infant Loss Program:** www.pregnancyloss.ca (403-944-2274)

"The Pregnancy & Infant Loss Program provides grief support to parents and family members who have experienced a pregnancy loss, stillbirth, or neonatal death. The program provides individual, couple, and group counselling." Parents and family members can self-refer and call any time after the loss. The website provides additional information/resources.

➤ **Caring Beyond:** www.caringbeyond.ca

"Caring Beyond offers peer support to parents who have lost a baby due to miscarriage, ectopic pregnancy, stillbirth, neonatal death and termination due to poor prenatal diagnosis. We believe all losses to be equal regardless of circumstance or gestation. All of these babies were loved and wanted. Parents considering a subsequent pregnancy are also offered reassurance and support."