

# The **PPMD** Connection



News from the Peel Postpartum Mood Disorder Committee

## PPMD Update

### **New!** **Brampton PMD Support Group**

Brampton Neighbourhood Resource Centre and Malton Neighbourhood Services have collaborated to offer a free Postpartum Peer Support Group

#### **Where and When?**

Bramalea Civic Centre  
150 Central Park Drive Unit 101  
Mondays  
1:00-3:00p.m.

Register by calling  
Nerine  
905-495-3430



## Coordinator's Corner

Summer 2009

There has been a lot of work going on behind the scenes in the Peel PMD Program; I would like to share just a few of the highlights with you.

A very active and dedicated workgroup has been meeting for the past year to develop a comprehensive plan for a 24/7 Postpartum Mood Disorder Telephone Support Line. I am happy to report that we have reached the point where we are now prepared to seek funding to help us implement our plan. The collaborative group will be applying to the Trillium Foundation for a grant this July. I'll keep you posted on the outcome.

A group of passionate PMD survivors have been volunteering with the Peel PMD Program and are hard at work developing a workshop that will be delivered by volunteer moms who have personally experienced PMD to community groups. Please consider hosting a workshop in the future. More information will follow in the Fall Newsletter to let you know when we are ready to start taking requests.

I would like to congratulate the persistence and hard work on the part of BNRC and MNS in making the new PMD Support Group in Brampton a reality; it is a much needed resource in the Brampton community.

I hope everyone has a relaxing and enjoyable summer season.

**Monica Irwin**, PMD Program Coordinator  
**905-791-7800 ext 2650**

## Solving Problems Effectively When Experiencing PMD

When women get depressed, their ability to solve problems declines for several reasons:

- Solving problems takes energy, as depression worsens energy levels decline.
- Everyday problems take a back seat to a bigger problem, the depression itself.
- As the woman becomes concerned about the mood problems, other problems slide and get worse.
- Depression causes difficulties in concentration, memory, decision-making ability and creativity. Most problem solving requires all of these skills.
- Depression and anxiety often go hand in hand. The stress response (also called the fight or flight response) pulls the woman toward one of two problem-solving strategies: physical aggression (fight) or avoidance (flight). Neither is effective at solving most modern day problems.

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**Steering Committee Members:** Best Start Health Coalition in Peel • Caledon Parent /Child Centre • Centre for Addiction and Mental Health • Credit Valley Hospital • Mississauga Parent Child Resource Centre • Infant and Child Development Services Peel • Peel Children's Centre • Peel Public Health • Punjabi Community Health Services • Success By 6 Peel • Vita Centre

## Solving Problems Effectively When Experiencing PMD (cont'd)



Moms with PMD need to recognize that their problem solving ability may not be as good as it usually is. Remind moms of the following as they face the challenge of PMD;

- She will recover
- She is not alone
- It is not her fault
- She is a good mom
- It is essential that she take care of herself in order to take care of others
- She is doing the best that she can

To help mothers develop new skills and strategies for solving problems there is an excellent online resource available, [Self-Care Program for Women with Postpartum Depression and Anxiety](#) created by BC Women's Hospital and Health Care. This resource also provides strategies to some common problems experienced by women with PMD such as isolation, frustration and anger, emotional connections and fear of relapse. *Adapted from Self Care Program for Women with Postpartum Depression and Anxiety. Provincial Reproductive Mental Health [www.bcwomens.ca](http://www.bcwomens.ca)*

### Resources

**Talk with an expert, ask questions, and get support;** Free weekly Phone Forums offered by [Postpartum Support International](#) Every Wednesday (for women) and Monday (for men), callers can chat with an expert facilitator and one another about coping, or helping a loved one cope with postpartum depression

[Complementary and Alternative Medicine](#) website provides a comprehensive list of alternative medicine terms with definitions and explanations developed by The Harvard Medical School and Natural Standard, an international research collaboration that collects data on complementary and alternative therapies

[What a difference a friend can make](#) is a website dedicated to increasing understanding about mental illness. It emphasizes the need to learn how we can support our friends who are living with a mental illness since friends can make a real difference by offering reassurance, companionship, emotional strength, and acceptance. Check out the interactive video for tips on how to support a friend with mental illness

#### [Educational Video](#)

Check out this 5 minute video about PMD. Click on the video titled "I saw myself hurting my baby"

### Popular Press Articles about Postpartum Depression

A recent research study analyzed the content of popular press magazine articles on postpartum depression between 1998-2006; the findings replicated an earlier study which found that popular press magazines contain contradictory information about the definition, prevalence, onset, duration, symptoms and treatment of postpartum mood disorders.

The authors of the study revealed that popular press remains an inconsistent source of information for women seeking to understand postpartum mood disorders. Although some articles provided accurate information in a responsible manner, many articles were confusing, misleading or incorrect.

Lay media coverage impacts individual's beliefs and decision making whether or not the coverage is accurate. Therefore, women need to be educated on the signs and symptoms of PMD and be encouraged to discuss their concerns. Service providers should direct women to factual sources of information on postpartum mood disorders, either by providing quality written health information or by identifying reliable websites.

*Logsdon et al (2008). Analysis of popular press articles concerning postpartum depression: 1998-2006. Issues in Mental Health Nursing, 29: 1200-1216*

### Did you know?

While only 1.5 percent of women in the general population undergo IVF (*In Vitro Fertilization*), Australian researchers found that 6 percent of women who sought help for postpartum depression and early-parenting problems had conceived using this method. The author concludes that women who get pregnant with IVF should be forewarned that they could need additional support after delivery. *Horton, Mary Jane, Fit Pregnancy, Oct/Nov2006, Vol. 13, Issue 5*