



PPMD Update

New Telephone Support Service now available!



The Telecare Distress Centre and The Peel PMD Program, through funding from the Ontario Trillium Foundation, launched the **Peel Postpartum Family Support Line** June 1, 2010. The Peel Postpartum Family Support Line provides caring and non-judgmental emotional support, helping families gain the necessary confidence and strength to parent their new baby. Volunteers who answer the lines are trained to provide information about postpartum mood disorders and to provide referrals to appropriate community resources. Calls are confidential and offered in multiple languages including **English, Hindi, Urdu, Punjabi, Spanish, Portuguese, Mandarin and Cantonese.**

Stigma is a significant barrier to mothers getting help for postpartum mood disorders therefore a phone line can offer confidential support to mothers who find it difficult to talk about their concerns. Also, parents can call the line when they need the support without worrying about transportation, childcare or setting appointments.

Often a new parent is too exhausted to call for support. The Postpartum Family Support Line offers outbound calls to check-in with clients who register with the service or who are referred by their health care provider. Several clients have already signed up for check-in calls. Clients appreciate the support saying, "Thank you so much for your support. It means more to me than you will ever know" and "Just knowing that you would be calling today, helped me through a really tough weekend".

The Postpartum Family Support Line is available Monday to Friday, 10 am to 10 pm at **905-459-8441**.

Service providers can refer women by calling **Nelia DeAmaral, Coordinator at 905-459-8441 ext. 4**

Coordinator's Corner



This past Spring has been very busy for the Peel PMD Program as we launched two new initiatives. In March, 18 volunteers were trained to deliver community based educational workshops about PMD titled '**Adjusting to Life After Baby**'. We've had a good response from the community, so much so that I will be offering another volunteer training this fall. If you know a woman who has experienced PMD in the past and is interested in volunteering please ask her to contact [Peel Volunteer Resources](#) to learn more about this opportunity. We held a volunteer recognition dinner in April for the group of volunteers who assisted in creating the workshop, a great time was had by all.

The Peel Postpartum Family Support Line launched on June 1. Over 40 volunteers have been trained to date, recruitment and training are ongoing. Anyone interested in volunteering for the support line please contact [Nelia](#), Coordinator at 905-459-8439 ext .4. A great big thanks to Telecare Distress Centre for embracing this exciting opportunity wholeheartedly and taking on the lead for this initiative . Congratulations on the launch of your agency's new name **Spectra Community Support Services.**

Have a safe and enjoyable summer.

[Monica Irwin](#), PMD Specialist 905-791-7800 ext 2650

Prenatal and Postpartum Depression in Fathers and Its Association With Maternal Depression

This past May , [The Journal of the American Medical Association](#) released the results from a meta-analysis on paternal postpartum depression . A total of 43 studies were reviewed and results revealed that prenatal and postpartum depression was evident in 10% of men and was higher in the 3-6 month postpartum period . In addition, paternal depression had a moderate positive correlation with maternal depression.

Check out the following links:

- [Postpartum depression for new fathers video](#); highlights two dads sharing their story of paternal postpartum depression from Good Morning America
- [One Dad's Story](#) of paternal postpartum depression
- [10 Coping Tactics for New Parents](#)
- [Postpartum Men](#); Helping men beat the baby blues and depression



How to help a mother who is not acknowledging postpartum mood disorder



Our society makes it difficult for a woman to acknowledge that she may be dealing with postpartum mood disorder. The media often reinforces society's unrealistic expectations of motherhood. A woman who is not coping can feel very alone and different from everyone else who appears to be doing so well.

Many women and their partners don't know what PMD is, or how to recognize it. The stigma associated with depression can prevent women asking for help. It can be too difficult to find the words to talk about her painful and negative thoughts. In the early weeks after having a baby there are many new demands on a woman and she may assume things will get better when everything settles down. She may not access help until her PMD reduces her capacity to perform everyday tasks.

Women often fear talking about their feelings for several reasons, for example, the fear of being placed on antidepressants and what medication might mean if she is pregnant or breastfeeding or fear that the Children's Aid will take her baby away and that she will be viewed as a bad mother.

Even the most skilled professional can miss PMD, especially if the woman is not giving clear or honest indications of how she is.

How to help her talk about her feelings

- Acknowledge and normalize the difficulty of the situation. Make it OK for her to talk about her difficult feelings by identifying the challenges of motherhood.
- Validate her feelings and offer support
- Avoid telling her how she should feel. Be positive about the things she is doing well.
- Encourage her to talk about her feelings by asking open questions that encourage her to give more than yes or no answers, for example;

"I wouldn't be surprised if you were feeling that way"

"I'm wondering if this might be how you are feeling"

"How are you finding motherhood?"

"How are you really feeling?"

- Listen to her worries without interruptions, ideas, or advice. It can be tempting to try to give her advice and tell her what you think she should do.
- Empower her to make decisions for herself, as you encourage her to seek help.
- Let her know that she will come through this with help. It's generally hard for her to believe that she will ever feel well again. *Adapted from [PANDA Fact Sheet](#)*

Resources

Request an educational workshop "[Adjusting to Life after Baby](#)" delivered by women who have personally experienced PMD

PPD Chat on Twitter at [My Postpartum Voice](#) Mondays 1:00 EST and 8:30 EST

[Postpartum Plan for Families](#) from DONA International

The Evolution of Dad is a documentary about what it means to be an involved, father. Following the personal journey of filmmaker and dad, Dana H. Glazer. [View intro](#)

Pardon My Postpartum is a documentary film that is a spirited and heartfelt discovery of families surviving postpartum depression. If you are interested in purchasing a DVD contact the film's creator [Dale Hildebrand](#)

A few brave women that I have had the great fortune of meeting kindly agreed to share their stories of courage in overcoming PMD. [Read their stories](#)

"Knowing is not enough; we must apply. Willing is not enough; we must do."
Johann Wolfgang von Goethe

Cesarean Section and Postpartum Depression: A Review of the Evidence

This study examined the link between caesarean section and Postpartum Depression by reviewing studies on caesarean section that evaluated maternal mood between 10 days and 1 year after delivery. Nine methodologically superior studies, including the only randomized, controlled trial were analyzed separately and were combined in a meta-analysis. The authors report that 24 studies that have examined the association between caesarean section and postpartum depression, five found a significant adverse association, 15 found no significant association, and four found mixed results. With only one exception, methodologically superior studies found either no significant association or mixed evidence for an association between caesarean section and postpartum depression. The authors concluded that their meta-analyses of suitable studies failed to find evidence for a significant association between caesarean section and postpartum depression. [Read entire article](#)

Did you know?

A [new study](#) suggests that Transcendental Meditation may be an effective way to decrease depression symptoms.

TM technique uses a mantra to help people achieve a relaxed state, and the practice is typically done for about 15 to 20 minutes twice a day.