

Some information on Postpartum Depression and Anxiety (PPD/A)

- 15% to 20% of moms experience PPD/A
- 10% of dads experience PPD/A
- Pregnant women and parents who adopt a child may also experience PPD/A

These feelings...

- Can start during pregnancy, after birth, or months into the postpartum period
- Can last a number of weeks or months or even past a year postpartum
- Can emerge after the birth of the first child or subsequent children. The probability of experiencing PPD/A increases if the mother has had previous experiences of depression.

It is most important to remember that having postpartum sadness or challenges is not the woman's fault. It is not an indication that she is incapable, or "crazy", or weak.

With the appropriate treatment and support, you will feel better and heal.

About the Society

Since 1971, the Pacific Post Partum Support Society has been supporting new mothers and their families through the perinatal and postpartum adjustment period. With over 40 years of experience, our Society has developed a unique and effective treatment program for postpartum depression and anxiety.

Our Mission

To end the isolation and distress experienced by many women and their families with the profound life change that accompanies the birth or adoption of a child.

**For more information,
please contact us at:**

Pacific Post Partum Support Society

200 - 7342 Winston Street
Burnaby, BC V5A 2H1

Telephone Support Line: (604) 255 7999
Toll Free: (855) 255-7999
Business Line: (604) 255 7955

www.postpartum.org

Please see our website for additional resources in Chinese, information about community support services, and for an English translation of this brochure (and for an English translation of this brochure).

PACIFIC POST PARTUM SUPPORT SOCIETY



MOTHERS WITH YOUNG CHILDREN OR PREGNANT WOMEN

Are you feeling
SAD? OVERWHELMED?
ANXIOUS? NUMB?

We understand. We can help.

Telephone Support:
(604) 255-7999
Toll Free: (855) 255-7999

www.postpartum.org
(We welcome self-referrals)

We offer telephone support and weekly support groups throughout the Lower Mainland.
We support Dads, too!

(Initial contact will be with English-speaking staff. For support in Chinese please let the worker know your name, your contact number, and request our Chinese-speaking worker call you)

Do you feel any of the following?

- Crying often or for no apparent reason
- Numbness
- Feeling helpless or unable to handle daily activities
- Afraid to be alone
- Feeling that something is not right
- Frightening or intrusive thoughts
- Feeling overly worried for your child
- Disinterested in baby, not bonding with baby
- Depression that may range from sadness to thoughts of suicide
- Anxiety or panic attacks
- Anger and aggression
- Difficulty sleeping
- Loss of appetite
- Feeling resentment towards baby or family members
- Feeling alone, have no support
- Feel inadequate, useless

If your youngest child is under three years, or if you are currently pregnant, and you have any of the above feelings, we can help.

Extra challenges and barriers faced by Chinese immigrants may include:

- Many couples live apart, often with the husband working in the home country, thus creating pressures on the marriage
- Lack of support
- Difficulty finding employment, foreign credentials not recognized, dissatisfaction with current employment
- Language barriers
- Difficulty building new social circle
- Feeling alone, isolated
- Financial pressures
- Missing own culture and traditions
- Missing family and friends from home
- Difficulty acclimating to new environment
- Relationship stress between family members
- Stigma and lack of education in native country on mental illness, leading to women not seeking help

Women's Voices:

"I never hear about post partum depression in my country. I am pretty sure that it happened to many women, but I never hear it"

"I had many fears. I felt that I am a weak person. Even though I looked fine on the surface, I was falling apart inside."

"I couldn't ask for help because other mothers seem to be doing really good but I seem to be the only one who couldn't do it"

"I realized something is not right because the first month I wasn't really bonding with my youngest and I was getting really agitated with my older. To the point I didn't recognize myself."

"From Pacific Post Partum, I received warmth, caring, and support. I was reminded: I am very important, too."

"Sharing is a great way to alleviate some of the depression. It's great to talk to another person who has experienced depression... they can empathize."

"I know now that if you want your child happy, you yourself need to be happy first. Happy mom, happy child. Not happy mom, the child is not happy, too."