

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 Farsi, 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 Farsi please let the worker know your name, your contact number, and request our Farsi-speaking worker call you)

Is this happening to you?

- Alone and without support
- Feeling that something is not right
- Feeling very worried all the time
- Numbness
- Crying often or for no apparent reason
- Feeling helpless or unable to handle daily activities
- Afraid to be alone
- Feeling like you are not as good as other mothers
- Having 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 toward baby or family members
- Feel inadequate or 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 Persian immigrants may include:

- Missing family and friends from home
- Living far away from people who could help with the baby
- Difficulty with the language
- Lack of information or lack of access to resources; you don't know where to go for help
- Lack of knowledge about Canadian health care system
- Difficulty building a new social circle in Canada
- Feeling alone, isolated
- Missing own culture and traditions
- Difficulty understanding doctors' diagnoses or instructions
- Difficulty acclimating to new environment
- Feeling judged by others in the community if you're having the baby alone
- Post Partum Depression and Anxiety isn't talked about in native country, making women feel alone and ashamed
- Lack of education and stigma on mental illness in native country leads women to not seek help

Women's Voices:

"The cultural differences were shocking, because in our culture usually we receive a lot of family support. But I was here alone."

"I never thought that having a child could be that hard, it was a total shock. For at least the first four months, I was like 'what the heck have I done? What was I thinking? Why did I want to have kids?'"

"I was so worried about the future. I was stuck in a bad situation.... I was stuck at home for a long time, and it was so bad. I needed someone to talk to and encouragement to go out."

"I was in this situation with depression, but I didn't realize what was going on with me. I didn't know that there was something called 'post partum depression' when I was in Iran."

My parents were not here and my husband had to go to work. I was alone and it was a real shock. I cried all the time. I needed to see someone. The drop-in sessions at the community centre helped a lot."

"Before I was referred to the Pacific Post Partum Support Society, I didn't get help from anybody, and it was so hard. It was so wonderful to just know they were there."

"I appreciate the other moms in the group because it was really helpful for me. It was a great, great help. It is good to be part of a