



Welcome to our Perinatal Mental Health Resources list.

Whether or not this is your first pregnancy, this next chapter of your life can be filled with new feelings and be a transition unlike anything you have experienced before.

At Oma, we have met many individuals in all stages of pregnancy and beyond - and although we are happy to help you feel good in your body physically, we understand that there are other invisible challenges that are beyond our scope. So we have put together this list to help you navigate this time, and to remind you that you are not alone on this journey. Think of this as a stepping stone on your path to wellness, and we are cheering you on every step of the way. :)

♥ The Oma Team

DISTRESS HELP LINES (available 24/7, in multiple languages)

[Toronto Distress Line](#) - 416.408-HELP (4357)

[ConnexOntario](#) - 1-866-531-2600

[Gerstein Crisis Centre](#) - (416) 929-5200

GENERAL MENTAL HEALTH SUPPORT

[Health 811](#)

Connects you to a registered nurse 24/7 for health advice through phone or chat. The site also includes a database to search for care providers, and information on updating OHIP.

[Toronto Public Health E-Chat](#)

Access to a Public Health Nurse, available Monday-Friday from 8:30am-4pm.

[Talk 4 Healing](#) - 1-888-200-9997

Offered through the **Anishinabe Women's Crisis Home & Family Healing Agency** for Indigenous women.



GTA HOSPITAL SERVICES

Michael Garron Hospital

[General Mental Health Resources](#)

[Family Birthing Centre](#)

[SeamlessMD](#) - a free mobile education tool partnered with Michael Garron Hospital that helps guide patients through the postpartum period.

Mount Sinai Hospital

[Perinatal Mental Health Program](#), 416-586-4800 ext. 8325

Unity Health Group - St. Joseph's Health Centre and St. Michael's Hospital

[Virtual support groups:](#)

Pregnancy Support Group, last Wednesday of the month 2pm-3pm.

Postpartum Support Group (opens seasonally).

Sunnybrook Hospital

[Women's Mood & Anxiety Clinic](#)

[Pregnancy and Infant Loss Network \(PAIL\)](#)

Women's College Hospital

[Reproductive Life Stages Program](#)

[Online Postpartum Support Group](#)

North York General Hospital

[Virtual Postpartum Support Group](#) meets every Wednesday from 10am-11am.

[Virtual Pregnancy After Loss Support Group](#) meets every Thursday from 10:30am-11:30am.

[Centre for Addiction and Mental Health \(CAMH\)](#)

Offers services and resources for Postpartum Depression.



COMMUNITY HEALTH CENTRES

East End Community Health Centre - 1619 Queen St. East – 416-778-5858

[Mental Health Support](#)

[Community Health Group Programs](#) (offerings rotate each month, check calendars)

South Riverdale Community Health Centre - 955 Queen St. East – 416-461-1925

[Perinatal Health and Wellness Group](#)

[Midwifery and Toronto Community Health Program \(MATCH\)](#)

Parkdale Queen West Community Health Centre - 4 locations available

[Pregnancy and Parenting Counselling Program](#)

Toronto Birth Centre - 525 Dundas St. East

Visit the [Program Calendar](#) for workshops that are offered throughout the year on a variety of subjects ranging from pregnancy and birth prep, to postpartum and beyond.

COMMUNITY RESOURCES

[Toronto Postpartum Adjustment Program \(multiple locations\)](#)

Visiting Homemakers Association - 30 Soudan Ave – 416-489-2500 x 4349

[Connected Families: Parenting Support Program](#)

[EarlyON Child and Family Centres](#)

Offer free support services and programs for parents, caregivers, and their children.

WEBSITES

[Postpartum Support Page](#) - offers information, support and assistance to those dealing with postpartum mood disorders.

[Babies Breath Canada](#) - infant loss support and resources site.

[Postpartum Support International](#) - offers substantial info and resources. Refer to the **GET HELP** tab in the menu for a [mental health provider directory](#), [support list](#), and more.

[Birth Mark](#) - birth and postpartum support through doula care and support workers.



THERAPY

[Perinatal Wellbeing Canada](#)

[The Well Parents Centre](#)

[Bloom Well Therapy](#)

[ReFresh Therapy](#)

[New Moon Psychotherapy](#)

[Toronto Therapy Practice](#)

[Horizon Therapy](#)

[Psychology Today's Toronto Directory for Pregnancy, Prenatal, Postpartum Therapists](#)

DOWNLOADABLE CONTENT

[Managing Depression: A Self-help Skills Resource for Women Living With Depression During Pregnancy, After Delivery and Beyond](#)