CHIROPRACTIC & WELLNESS

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*

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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.

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CHIROPRACTIC & WELLNESS

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.

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CHIROPRACTIC & WELLNESS

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