

# Postpartum depression

## ❖ Symptoms of postpartum depression:

- Sadness, irritability, anxiety
- Lost of interest for activities you used to enjoy
- Lack or excessive appetite
- Insomnia or hypersomnia
- Excessive tiredness, loss of energy, feeling overwhelmed
- Low self-esteem, sense of guilt (having the feeling of not being a good mother or struggling to bond with your baby)
- Having suicidal thoughts (thoughts of hurting yourself, your baby or others).

## ❖ For help :

- Take an appointment with your family doctor or call Info-Santé (811, option 1) to find a walk-in clinic;
- Seek psychosocial or mental health assistance from your local CLSC by calling Social-Intake (Info-Social 811, option 2)
- Visit the Emergency department at the hospital nearest to you;
- Naissance Renaissance Outaouais at 819-561-4499, for their post-partum depression support group or their respite service:

<https://www.nroutaouais.ca/en/>



- Mental health assistance, CAP Santé Outaouais at 819-771-2277 (or website in French only):

[www.capsante-outaouais.org](http://www.capsante-outaouais.org)



❖ Guides and other links :

- [Projet Grande Ourse : santé mentale en périnatal et grossesse \(chusj.org\)](http://chusj.org) (French only)



- You, Me, Baby  
[Toi, Moi, Bébé – Toi, Moi, Bébé est un programme qui vise à améliorer le bien-être des parents et des futurs parents. \(toimoibebe.ca\)](http://toimoibebe.ca)



- From Tiny Tot to Toddler A practical guide for parents from pregnancy to age two | Institut national de santé publique du Québec (inspq.qc.ca)

<https://www.inspq.qc.ca/en/tiny-tot/delivery/first-few-days/depression>



- Naître et grandir / Postpartum depression

<https://naitreetgrandir.com/en/step/0-12-months/family-life/postpartum-depression-baby-blues/>



- [La dépression postpartum - Index Santé \(indexsante.ca\)](http://indexsante.ca) (French only)



Groupe de soutien  
*Dépression Postpartum*

Gratuit

819-561-4499  
info@nroutaouais.ca  
www.nroutaouais.ca

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