

# OTTAWA RESOURCES

Perinatal Mental Health Resources in the Ottawa area:

## Local In person resources:

- **MOMS Support Group** (through Family Services Ottawa) [www.familyservicesottawa.org/moms-groups/](http://www.familyservicesottawa.org/moms-groups/)
- **Wabano Centre for Aboriginal Health.** Call Belinda Larente to Register. 613-748-0657 or [blarente@wabano.com](mailto:blarente@wabano.com)
- **Postpartum Support Group, Mothercraft Ottawa** <http://mothercraft.com/>, Drop in service, Free of charge, Self referral, sliding fee scale
- **Ottawa Hospital Perinatal Mental Health Clinic**, Ottawa Hospital General Campus, Phone: 613 – 737 – 8010
- Physician referral, specialized program for individuals with existing or suspected mental health issues who are planning pregnancy, are pregnant, or who are new mothers. Facilitated by a multidisciplinary team of psychiatrists, psychologist, social worker, and nurse.
- **Individual and group therapy Montfort Hospital**, Phone: 613-746-4621, Ext.3965
- Referral Required, Psychiatrist specializing in perinatal mental health. Languages Served: French, English (Groups will be Francophone) Fees: None
- **Psychology Today** – search for therapists in the Ottawa area
- Therapists in Ottawa: <https://www.psychologytoday.com/ca/therapists/on/Ottawa>
- **Postpartum Support International** – search for therapists in the Ottawa area as well as Internationally
- Therapists in Ottawa and Internationally
- The Joys and Challenges of Mothering. Shirley E. Greenberg Resources Centre for Women at the Royal Ottawa Hospital. 613-722-6521 ext. 6879
- **Birth Injury Center**, <http://www.birthinjurycenter.org>
- Ottawa Public Health. 613-PARENTS

## Online Resources:

- Postpartum Support International (PSI) <https://www.postpartum.net>
- [www.anxietycanada.com](http://www.anxietycanada.com)
- Postpartum Stress Centre (PPSC): <https://postpartumstress.com>
- Postpartum Progress: <https://postpartumprogress.com/2020mom.org>
- MGH Center for Women's Mental Health: [www.womensmentalhealth.org](http://www.womensmentalhealth.org)

- Postpartum Men: [www.postpartummen.com](http://www.postpartummen.com)

#### **Centres for Additional Support in Ottawa:**

- Ottawa Birth and Wellness Centre
- Monarch Maternal and Newborn Health

#### **Resource Bibliotherapy:**

- [You Are Not Alone: An Anthology of Perinatal Mental Health Stories from Conception to Postpartum](#)

- **Books by Karen Kleiman:**

- This Isn't What I Expected
- What am I Thinking? Having a baby after postpartum depression
- Dropping the Baby and Other Scary Thoughts
- The Postpartum Husband
- Good Moms Have Scary Thoughts
- Moods in Motion: A Colouring and Healing Book for Postpartum Moms
- What About Us? A New Parents Guide to Safeguard Your Over-Anxious, Over-Extended, Sleep-Deprived Relationship

- **Books by other Authors:**

- The Pregnancy Workbook: Manage Anxiety and Worry with CBT and Mindfulness Techniques: By Katayune Kaeni, Psy.D., PMH-C
- The Pregnancy & Postpartum Anxiety Workbook: Practical Skills to Help you over come Anxiety, Obsessions, and Compulsions: By: Pamela Wiegartz, Ph.D., and Kevin Gyoerkoe, Psy.D.
- The Fourth Trimester: a postpartum guide to healing your body, balancing your emotions & restoring your vitality By: Kimberly Ann Johnson
- Breathe Mama Breathe 5 – Minute Mindfulness for Busy Moms: By Shonda Moralis, MSW, LCSW

#### **Additional Supportive Professionals in the Ottawa Area such as:**

- Family Physicians, Obstetricians, Midwives, Naturopaths
- Physiotherapists, Chiropractors, Osteopaths
- Lactation Consultants
- Doulas

#### **Helpful Links:**

\* Canada Suicide Prevention Service: Call 1-833-456-4566 (24/7) or text 45645 (4pm to midnight ET)

\* Ottawa Distress Centre: 613-238-3311

\* National Postpartum Depression Warm line: 1-800-PPD-MOMS

\* Pacific Post Partum Society Call & Text Line: 1-855-255-7999