

Resources

- City of Toronto Perinatal Adjustment Programs: <https://www.toronto.ca/community-people>

- Skylark: Me and My Baby Walk-in Mental Health Clinic

Community and hospital perinatal mental health programs in Toronto:

- <https://www.toronto.ca/wp-content/uploads/2017/10/91b1-tph-ppd-postpartumdepressionandanxiety-booklet-2014.pdf>
- Father's Mental Health Network
- Meditation and Mental Health Apps: Mind The BUMP, CALM, Headspace, MindBEACON
- BOOK SUGGESTIONS: The Pregnancy and postpartum anxiety workbook, MIND OVER MOOD
- EXERCISE: APPS SWEAT AND TONIE, FIT FACTORY, FITON
- SOGC COVID 19 RESOURCES: <https://www.sogc.org/en>
- APPS: PANDEMIC PREGNANCY GUIDE: <https://www.obgyn.utoronto.ca/news/pandemic-pregnancy-guide-2020>

Free Online Support

- **Big White Wall** <https://www.bigwhitewall.ca/v2/Home.aspx?ReturnUrl=%2f>

Offered services:

- Online interactive group courses on a variety of topics
- Topics include: Quit smoking, managing depression, manage stress and anxiety, coping with grief and loss, manage negative thinking
- Includes self-assessments, activities, and group chats

Bounce Back Ontario

- <https://bouncebackontario.ca>

Offered services:

- Online videos (available in English, French, Mandarin, Cantonese, Punjabi, Arabic and Farsi)
- Topics include: balanced thinking, dealing with unhelpful behaviour, sleeping better, healthy living, being assertive
- Telephone coaching and workbooks (MD or self-referral)
- Offers 3-4 telephone coaching sessions; 20 workbooks selections available to work through

One-Day CBT therapy for new moms (online due to COVID)

- <https://rsjh.ca/redcap/surveys/?s=3LHLN98DJL>
- 1 day CBT workshop for women experiencing PPD

More resources on the Mt. Sinai Perinatal Mental Health Program website

- <http://www.mountsinai.on.ca/care/psych/patient-programs/maternal-infant-perinatal-psychiatry/>
- [maternal-infant-program-and-perinatal-mental-health#inline_content](http://www.mountsinai.on.ca/care/psych/patient-programs/maternal-infant-perinatal-mental-health#inline_content)

General Perinatal Mental Health info

- **CAMH:**
- <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/postpartum-depression>
- **Postpartum Support International (Good information/resources for dads as well):**
- <https://www.postpartum.net>

- **Psychotherapy:**
- The [SUMMIT Trial](#) at Mount Sinai (see flyer) is offering 8-weeks of FREE psychotherapy to eligible pregnant women and new moms who are experiencing any symptoms of anxiety or depression! All therapy sessions will be done virtually through a secure video-chat platform from the comfort of your home.
- If you have any questions or would like to participate in this study please contact Simi Darubra at (647)-284-0675 or at Simi.Darubra@sinaihealth.ca

- **Mindfulness Meditation Apps:**
- Headspace (Android or Apple)- Guided meditations and mindfulness
- Calm (Android or Apple)- Mindfulness meditation and relaxation app
- Mind the Bump (Android or Apple)- A mindfulness meditation tool for new and expecting parents

- **Intimate Partner Violence (IPV):**
- Women's College Hospital has prepared several infographics describing why IPV may increase during the current pandemic, available here: @WCRInstitute.
- Should you require guidance on how best to support patients who are self-isolating at home with abusive partners, consider reaching out to SADVCC at Women's College Hospital or check out www.sadvttreatmentcentres.ca to find the program nearest to you.

- **Fathers' Mental Health:**
- <https://fathersmentalhealth.com/new-fathers/>