

Perinatal Mental Health

Professional Resources (local), Online Resources, Reading Materials and Related resources

Susan Martensen, Birth&Beginnings. Tel: 613.799.4116

Clinical Support:

Ottawa Regional Perinatal Mental Health Program

The Ottawa Hospital – General Campus

Tel: (613) 737-8010

* Dr Radomila Lenz

* Dr Ghandi

Referrals are required.

Going through Emergency is also an option

CBT Institute, Westboro (Cognitive Behavioural Therapy)

411 Roosevelt Avenue, Suite 200

Ottawa, Ontario, K2A 3X9

Tel: (613) 820-9931

www.cbt.ca

* Dr Natasha Ballen

Mothercraft - Postpartum Support Group (weekly drop in)

475 Evered Avenue

Ottawa, Ontario

Tel: 613 728 1839

- Contact: Courtney Holmes

Family Services

MOMS Group

10 week program for Women requiring a support Program

312 Parkdale Avenue

Ottawa, Ontario

Tel: 613 725 3601 Ext: 117

Email: intake@familyservicesottawa.org

Full Circle Counselling

376 Churchill Avenue N.

Ottawa, Ontario K1Z 5C3

Tel: 613 808 7244

- Michele Glover, M.Ed., CCC

Online Resources:

www.ementalhealth.ca
www.ementalhealth.ca/Ottawa-Carleton/Postpartum-Depression/index.php?m=article&ID=8901

note: There are many web resources listed here also.

www.postpartum.org (Pacific Postpartum Support Society – Vancouver, Canada)
www.postpartum.net (Postpartum Support International – PSI)
www.postpartumprogress.org (Postpartum Progress)
www.babybluesconnection.org (Baby Blues Connection, Portland, Oregon)
www.postpartumdads.org (affiliated with PSI)
www.postpartummen.com (Postpartum Men)

Reading Materials:

This Isn't What I Expected: Overcoming Postpartum Depression: Karen Kleiman
Postpartum Depression and Anxiety: A self-help guide for mothers: Pacific Postpartum Support Society

Hidden Feelings Of Motherhood: Kathleen Kendall-Tackett

Beyond The Blues: Shoshana Bennett, Pec Indman.

The Postpartum husband:

Practical Solutions For Living With Postpartum Depression: Karen Kleiman
Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child's First Year: Cassandra Vieten
Down Came The Rain: Brooke Shields

Related Resources:

Making Peace With Your Birth

(A workshop for women experiencing a disappointing, unexpected or traumatic birth)
Facilitated by Julie Keon

www.mncs.ca/makingpeace.htm

Ottawa Breastfeeds

provides Ottawa and regional families with easy access to information about the many sources of breastfeeding support.

www.ottawabreastfeeds.ca