



You are
not alone.

1 in 7 Mothers

experience depression or anxiety
during pregnancy or postpartum

*exhaustion?
appetite or sleep disturbances?
mood swings?
anxiety?
feeling overwhelmed?*

Get Help >



Contact your family physician, public health nursing, mental health and substance use office and/or the following organizations for further support:

Kootenay Kids (Nelson) – Support includes The Family Place, Bellies to Babies, Infant Development Program, Pregnancy Outreach, Nobody's Perfect Parenting Group and more. Contact 250-352-6678, kootenaykids.ca

Boundary Family & Individual Services (Grand Forks) – BFISS support includes Breastfeeding cafés, & Baby's Best Chance and Infant Development program. Contact Cynthia Garnett 250-442-2267 ext. 40223, boundaryfamily.org/

Kootenay Family Place (Castlegar) – KFP support includes Beautiful Beginnings, Infant Development Program, support groups and more. Contact 250-365-8448, kootenayfamilyplace.org

Trail FAIR Society (Trail) – FAIR offers Bright Beginnings, Building Beautiful Babies, Early Childhood and Family Support Services and more. Contact 250-364-2326, trailfair.ca

Pacific Postpartum Support Society (Provincial) – Provides telephone/text message counselling and support, online resources, as well as support for fathers: 1-855-255-7999, postpartum.org