

POSTPARTUM TOOLS & RESOURCES

Keep in mind

- It's important to remember when you find some of your thoughts scary, you most likely won't turn them into actions for that very reason!
- Postpartum depression and anxiety also affects approximately 10% of fathers and they may experience some of symptoms listed above, especially during the 3-6 month period.

Online Resources

Canadian Mental Health Association – Bounce Back

Participants can learn skills to help combat unhelpful thinking, manage worry and anxiety, and become more active and assertive. 1-866-639-0522, <http://www.cmha.bc.ca/programs-services/bounce-back/>

BC Mental Health and Substance Use Services - CBT based self management guide for women <https://reproductivementalhealth.ca/resources/coping-depression-during-pregnancy-and-following-birth>

BC Provincial Reproductive Mental Health - Self-care Modules for Women

For During Pregnancy and Following Birth, including coping with anxiety and/or depression
www.reproductivementalhealth.ca/resources

Pacific Postpartum Support Society: Telephone/text message counselling and support, online resources, support for fathers 1-855-255-7999, www.postpartum.org

Postpartum Doula Support: Assistance with home management, meal planning, emotional support, childcare and breastfeeding <http://www.bcdoulas.org>

Local Doula Information: <https://www.kootenaydoulagroup.com/> **International:** <https://www.dona.org/>

Postpartum Support International: Get the facts about depression & anxiety, chat with an expert, online support group, telephone support line <http://www.postpartum.net/> 1-800-944-4773

Postpartum Dads: Intended to help dads/partners and families, providing firsthand information and guidance about the experience and impacts of PPD, includes online support groups. <http://postpartumdads.org/>

New Dad Manual: Provides new dads with tips on the practical aspects of being a first time father: www.newdadmanual.ca/index.php

Anxiety Canada: Shifting habits towards self-care in addition to the care of your children, understanding how anxiety might be impacting you <https://www.anxietycanada.com>

MindShift App: An app designed to help cope with anxiety, learn to relax, develop helpful ways of thinking & specific tools to take charge of your anxiety <https://www.anxietycanada.com/resources/mindshift-cbt/>

For Private Counselling: Contact BC Association of Clinical Counsellors - <http://bc-counsellors.org/>

Ministry of Children and Family Development: Assistance includes Child & Youth Mental Health, Youth & Family Services, protecting children, adoption & fostering, child care subsidy and more. <https://mcfcd.gov.bc.ca>

Local Kootenay Boundary Resources

Interior Crisis Line Network 1-888-353-CARE (2273)

CASTLEGAR

Public Health Nurses: 250-365-7711 Telephone support, home visits, education

Kootenay Family Place: Share your stories, connect with other moms and get the support you need.

Tel: 250-365-8448

Fax: 250-365-5792

Mental Health and Substance Use: 250-304-1846 Provides assessment, support and counselling.

SALMO

Public Health Nurses: 250-357-9511 Telephone support, home visits, education

Salmo Community Services: 250-357-2277. Family Support Worker, Contact Lorraine Kreuzer 250 357 2277 ext 203

TRAIL

Public Health Nurses: 250-364-6219 Telephone support, home visits, education

Trail FAIR Society: 250-364-2326, Building Beautiful Babies, Pregnancy Outreach, Nobody's Perfect Parenting Program, Drop In, Circle of Security Parenting Program, Munchkins & Muffins, and Motherwise groups.

Kootenay Family Place: Infant Development Program for Trail -Contact Julia Stockhausen: 778-460-5097

Mental Health and Substance Use: 250-364-6262 Provides assessment, support and counselling.

NELSON

Public Health Nurses: 250-505-7200 Telephone support, home visits, education

Apple Tree Clinic - 250-354-3884 Breastfeeding Support Groups, Pelvic Floor Physio, Self Care & Resiliency Zoom Sessions, *New workshop about Parenting During a Pandemic.

Kootenay Kids: Aboriginal Early Intervention, Infant Development Program, Child Care Resources & Referral, Early Care & Learning Centre, The Family Place: 250-352-6678. For La Leche League, 250-777-1972 (Meghan, Catherine, Judy)

Mental Health and Substance Use: 250-505-7248 Provides assessment, support and counselling.

KASLO

Public Health Nurses: 250-353-2291 Telephone support, home visits, education **North Kootenay Lake**

Community Services Society: 250-353-7691. Online Circle Time, Parent-Child Yoga Classes on Zoom, Mothercare Pregnancy Support. Laura Douglas, Family Support Counsellor 250-353-7691 ext. 203

NEW DENVER

Public Health Nurses: 250-358-7911 Telephone support, home visits, education

Arrow & Slocan Lakes Community Services: 250-265-3674 205 – 6th Avenue, NW; Community Action Program for Children Coordinator: Sarah Sanders 250-265-3674 ext.208

GRAND FORKS/BOUNDARY

Public Health Nurses: Telephone support, home visits, education

Grand Forks: 250-443-3150

Midway/West Boundary: 250-449-2887

Boundary Family & Individual Services: 250-442-2267. BFISS support includes Moms Groups, Dads Groups, Aboriginal Groups, Breastfeeding cafés, Baby's Best Chance and Infant Development program, postpartum, pregnancy and parenting programs, including West Boundary. Contact Cynthia Garnett 250-442-2267 ext 40223.

Motherwise MH support Group: Contact Kristy Kuromi: 250-442-2267 ext 40258. Share your stories, connect with other moms and get the support you need

Mental Health and Substance Use: 250-443-0330 Provides assessment, support and counselling.

NAKUSP

Public Health Nurses: 250-265-3608 Telephone support, home visits, education

Arrow & Slocan Lakes Community Services: 250-265-3674 205 – 6th Avenue, NW; Community Action Program for Children Coordinator: Sarah Sanders 250-265-3674 ext. 208

Mental Health and Substance Use: 250-265-5253 Provides assessment, support and counselling.