

Mount Sinai Hospital: Maternal Infant Program and Perinatal Psychiatry

Pregnancy and the time after the birth of a child are assumed to be among the happiest times in a person's life. Yet, as many as 15-20% of women will develop a mental illness during pregnancy or in the first year after childbirth, often feeling significantly distressed and unable to cope.

Pregnancy and Postpartum Mental Health Disorders

If you are currently pregnant or have had a baby in the past year and are concerned about any of the following symptoms, you may have a perinatal mental health disorder:

- Depressed and/or irritable much of the time
- Bouts of crying
- Sleep disturbances
- Loss of appetite
- Anxiety or panic attacks
- Fatigue, apathy, loss of energy
- Loss of self-esteem, self-confidence
- Poor concentration
- Avoiding going out
- Frightening intrusive thoughts
- Obsessive thoughts or behaviours
- Negative feelings about motherhood
- Negative feelings towards the baby
- In severe cases, suicidal thoughts or attempts

If you would like more information about getting help for perinatal psychological problems, please speak to your obstetrical nurse, obstetrician, family physician or midwife for a referral to the Perinatal Mental Health Program.

The Perinatal Mental Health Program clinic is located on the third floor of 700 University Avenue at the corner of College Street and University Avenue in Toronto. Hours are 9 a.m. – 5 p.m. Monday to Friday.

For more information about the Perinatal Mental Health Program, please call 416-586-4800, ext. 8325. Referrals may be faxed to 416-586-8596.

<http://www.mountsinai.on.ca/care/psych/patient-programs/maternal-infant-perinatal-psychiatry>

Women's College Hospital: Reproductive Life Stages Program

This specialized program in the Department of Psychiatry at Women's College Hospital provides assessment and short-term treatment for women experiencing new or recurrent mental health problems, including anxiety, depression, mania, and psychosis during the reproductive life stages (such as menstrual cycle, pregnancy, postpartum and the menopausal transition).

The program offers a combination of education, brief psychotherapy, and medication, along with a multidisciplinary team approach, to assess and treat women, their partners, and families.

The program also has two child psychiatrists on staff who provide care to children of mothers with mental health issues, and one addiction psychiatrist on staff who provides consultation to our program for women who have addictions in addition to their mental health difficulties.

The program is also committed to educating healthcare providers and for conducting research to further understand mental health as it relates to women at each reproductive life stage.

Reproductive Life Stages Program

Women's College Hospital
76 Grenville Street
7th floor
Toronto, ON M5S 1B2

Phone: 416-323-6230
Intake line: 416-323-7715
Fax: 416-323-6356

Hours of Service
Monday - Friday
8 a.m. to 4 p.m.

<http://www.womenscollegehospital.ca/programs-and-services/mental-health/RLS/>