

Perinatal Mental Health Resources

This information is intended for physicians caring for pregnant and postpartum women in the Calgary area. If you are a patient please speak with your physician for more information.

Perinatal mental health refers to any mental health concern present in pregnancy or up to one year postpartum. This may include mental health conditions present prior to the pregnancy or those that have emerged for the first time. Examples can include chronic mental health conditions, postpartum depression, or postpartum anxiety.

This list will guide you to useful links, information, services and resources relating to this population. The services listed are available to women and families in the Calgary area, although eligibility criteria may vary from service to service.



Calgary Zone Services for Perinatal Mental Health

Access Mental Health

403-943-1500/1-844-943-1500

OR

Perinatal Mental Health On-line Directory

<http://www.informalberta.ca/public/common/viewSublist.do?cartId=1016753>

Includes contact information for:

- Families Matter – Support, Education and Parenting Programs for Postpartum Depression and Anxiety
- Outpatient Psychiatric Care including:
 - Women’s Mental Health Clinic
 - Sunridge Perinatal Mental Health (through Primary Mental Health)
 - Perinatal Mental Health
 - Psychiatric Consultation Clinic
 - Rural Addiction and Mental Health Clinics

Useful Links

General Information about Mental Health Problems in Pregnancy

<http://womensmentalhealth.org/specialty-clinics/>

Click on Postpartum psychiatric disorders

General Information about Mental Health Problems in Postpartum

In English:

<http://womensmentalhealth.org/specialty-clinics/>

Click on Postpartum psychiatric disorders

<http://www.familiesmatter.ca/programs/family-mental-health>

In Arabic, French, Hindi, Mandarin, Punjabi, Spanish, Vietnamese:

<http://www.familiesmatter.ca/programs/family-mental-health/articles>

Click on “Read full article” in the language required

Safe Medications in Pregnancy and while Breastfeeding

<http://www.motherisk.org/women/index.jsp>

<http://www.mothersobaby.org/>

<http://www.perinatalervicesbc.ca/Guidelines/>

Note: These websites are not published by or maintained by Alberta Health Services.

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