

Perinatal Mental Health – Resource List

Edmonton, Alberta September 2019

Help Lines

<p>Access 24/7</p> <p>This service can be utilized by professionals for inquiries or moms seeking referrals or assessment. The walk-in clinic is located at 10959 102 Street (one-time assessment with psychiatrist who will provide information for mom’s physician for continued care and treatment). Use the east facing entrance along 102 St on the main floor of Anderson Hall. Upon arrival in lobby, buzz for entrance, check in with reception desk to the right. Access 24/7 has been provided this list of resources for maternal mental health services.</p>	<p>780-424-2424</p> <p>Website</p>
<p>Distress Line</p> <p>Non-perinatal mental health help crisis line.</p>	<p>780-482-HELP (4357)</p>
<p>PSI Warmline</p> <p>Postpartum Support International phone line that returns calls within 24 hours.</p>	<p>1-800-944-4PDD (4773)</p>
<p>Pacific Post Partum Support Society</p> <p>This is a postpartum telephone support line. Available Monday to Friday 10:00-3pm PST Wednesdays & Fridays text support is available</p>	<p>1-855-255-7999</p> <p>(604) 255-7999</p>

Mental Health Providers (*specifically trained in maternal mental health)

<p>*Kristine Aanderson (Southwest Edmonton)</p> <p>Kristine is a Registered Psychologist and she focuses on perinatal mood disorders including depression, anxiety, OCD and trauma. She has a baby-friendly office in Southwest Edmonton with free parking and direct billing for Blue Cross, Great West Life and Manulife. You can learn more about her, as well as book an appointment, on her website.</p>	<p>(780) 297-7989</p>
<p>*Claire Wilde (West Edmonton)</p> <p>Claire is a Registered Psychologist with experience working in the area of Maternal Mental Health. For more information, or to book an appointment, you can visit her website.</p>	<p>(780) 690-4456</p>
<p>*Gina Wong (South Edmonton)</p> <p>Gina is a Registered Psychologist and Academic who specializes in Perinatal Mood and Anxiety Disorders. She directs Maternal Mental Health Progress in Canada. For more information, you can visit her website. <i>Gina is not currently accepting new clients.</i></p>	<p>(780) 434-5856</p>

***Mallory Becker (South Edmonton)** (587) 855-5598

Mallory is a Registered Psychologist with advanced training in perinatal & maternal mental health including anxiety, depression, trauma, infertility, & relationships. She works in a multidisciplinary perinatal health clinic, with free parking and direct billing for eligible insurance plans. Babies are welcome to sessions. You can learn more & book online, at www.pinehealth.ca

***Lynn Wolff (South Edmonton)** (587) 855-5598

Lynn is a Registered Psychologist & Marital & Family Therapist specialized in supporting individuals and couples with fertility struggles, trauma, grief/loss, blended families, & relationship struggles. She works in a multidisciplinary perinatal health clinic, with free parking and direct billing for eligible insurance plans. You can learn more about Lynn at <http://www.lynn-wolff-psychologist.com/>

***Pine Integrated Health Centre (South Edmonton) (587) 855-5598**

Pine Integrated Health Centre is a multi-disciplinary health centre with Registered Psychologists for individuals, couples & families experiencing concerns including perinatal anxiety, depression, OCD, trauma/birth trauma, matrescence, adjusting to motherhood, fertility struggles, grief/loss, couples/family support, parenting & child psychology. Sliding-scale & a support group available to clients without benefits as well as a support group. We are a baby-friendly facility with free parking and direct billing for eligible insurance plans. You can learn more & book online, at www.pinehealth.ca

***Reproductive Mental Health Program (780) 735-6785**

Located at the Lois Hole Hospital for women. Provides short term (up to 6 sessions) counselling and consultation services to support mental health concerns for women who are going through a reproductive issue. This includes anxiety, depression, and grief and bereavement following a pregnancy.

Momentum Walk-In Counselling (South Edmonton) (780) 757-0900

Momentum Walk-In Counselling is a service providing short-term, solution-focused counselling for clients experiencing a number of different concerns. Momentum offers sliding-scale to help make counselling services more accessible. It is encouraged to call prior to heading so you can be aware of current wait times. For more information, you can visit their [website](#).

NOTE: When looking for a psychologist or counsellor, make sure to ask where they were trained to specialize in pregnancy or postpartum mood disorders. Common reputable training sites include Postpartum Support International, the Postpartum Stress Center, and the Seleni Institute.

Support Groups

Managing Motherhood by the Family Futures Resource Network (780) 413-4521

A postpartum depression (PPD) support group for mothers and their families. Mothers can bring their babies to the program. For more information, visit their [website](#).

Managing Motherhood by the Jasper Place Child and Family Resource Centre (780) 489-2243

A support group for women experiencing signs and symptoms of Postpartum Depression and Anxiety. Meet other Moms who are experiencing the daily joys and challenges that having an infant brings. Pregnant women welcome. Limited Child Care available for siblings 5 years and under. For more information, visit their [website](#).

B.E.S.T. Breastfeeding Café by the Southside PCN..... (780) 395-2626

This is a weekly drop-in program for any breastfeeding or nursing person who has questions about nursing. Contact the Edmonton Southside PCN to register.

Location: Edmonton Southside Primary Care Network, 3110 Calgary Trail N.W. For more information, visit the Southside PCN [website](#).

Maternal Mental Health Workshop for Moms..... (780) 570-5709

Contact [Evolution Psychology](#) for further information.

Postpartum Depression Support Group at Clareview Headstart

Mental Health Therapist (Judy) (780) 342-4027

Public Health Nurse (Marilyn) (780) 342-4172

This is a weekly drop-in support group offered on Tuesdays from 10:00 – 11:30 am. Free child-care is available for children 20 months to 5 years. Please call Friendly Frog Daycare (780-406-6665) to reserve space. For more information call either number listed above.

Location: Clareview Head Start, 1142 Hermitage Road.

Postpartum Support International (PSI) Resources

Founded in 1987, PSI's mission is to promote awareness, prevention, & treatment of perinatal mental health worldwide. PSI provides direct support to parents, training to professionals and volunteers, and a bridge to connect with each other.

PSI – Chat Support 1-800-944-8766

For Moms – Every Wednesday

For Dads – First Monday of every month

Code: 73162#

These sessions provide the opportunity to connect to other moms and dad and talk with a PSI expert/licensed mental health professional about resources, symptoms, options, and general information about perinatal mood and anxiety disorders. Registration is not required. Limited to the first 15 callers. 5pm Pacific, 7pm Central, 8 pm Eastern.

PSI – Chapter Directory

PSI provides a [chapter directory](#), connecting individuals with a knowledgeable provider near them. The care providers on this registry have demonstrated a special interest in treating and serving families and women experiencing perinatal mental health issues.

Psychiatric Referrals

The Chokka Center for Integrative Health (780) 465-5769

The Chokka Center offers psychiatric support for individuals experiencing perinatal mood and anxiety disorders. Referral is required and the current waitlist time is approximately 5-6 months.

Medication and Mother/Baby Information [Website](#)

Chat with An Expert for Moms or Dads [Website](#)

Postpartum Support International Resources offering medication and expert advice. Please link to websites above.

Website Resources

www.PostpartumEdmonton.com – a comprehensive website with extensive resources for mothers, fathers, professionals who work with perinatal population, support people (family, friends) and grief.

<https://postpartumstress.com/for-professionals/assessments/> – a list of clinical tools curated by The Postpartum Stress Center (PPSC) for use by professionals working with perinatal mood and anxiety disorders.

<http://postpartum.org/the-journey/journey-resources/> – A list of resources and handouts provided by Pacific Post Partum Support Society. Many are excerpts from the “Coping with depression during pregnancy following the birth: A cognitive behaviour therapy-based self-management guide for women” created by the BC Reproductive Mental Health Program.

Facebook Groups/Pages (for Professionals)

[Perinatal Mental Health Professionals](#)

This group was created to connect perinatal mental health professionals around the globe. Whether you're a support group leader, nurse, physician, midwife, doula, therapist, psychologist or psychiatrist.

[Maternal Mental Health Professionals](#)

This group is for both beginning and experienced and beginning mental health professionals who currently work with, or would like to learn more about working with reproductive and maternal mental health-this includes all stages of motherhood from infertility, pregnancy, pregnancy loss, postpartum, through empty nest and beyond.

[Maternal Mental Health Progress in Canada](#)

This group provides up-to-date information about perinatal mood and anxiety disorders that are relevant in the Canadian context and is suitable for parents as well as health practitioners in the area.

[Perinatal Mental Health Coalition Canada](#)

This closed group is an extension of the Maternal Mental Health Progress in Canada. PMHCC connects mental health practitioners, doulas, nurses, and moms dedicated to the advancement of care for maternal mental health in Canada. Focused on education and advocacy, this group aims for a national strategy on maternal mental health and greater connection and support around PMADs across provinces.

Facebook Groups (for Moms)

[Postpartum Support International](#)

This group is administered by Postpartum Support International (PSI). A unique aspect of this group is that it includes professionals, moms, and volunteers. Moms can find peer support & information about pregnancy and postpartum stress, emotions, and perinatal mood and anxiety disorders (PMADs). Professionals will find some of the best sources of information – from those who are currently going through perinatal distress, those who have recovered, and care-providers who serve them.

[Canadian Postpartum Depression Support Network](#)

This group is for mothers in Canada only. This is a forum for support, and any mother who has suffered from or is currently battling perinatal mood and anxiety disorders who lives in Canada is welcome here.

Maternal Mental Health Podcasts

[Mom and Mind](#) by Dr. Katayune Kaeni, Psy.D.

Mom & Mind podcast was born out of the desire to blow the lid off of the silence of the difficulties that so many women and families face on the road to new parenthood.

[Motherhood Sessions](#) by Dr. Alexandra Sacks

Dr. Alexandra Sacks, a renowned reproductive psychiatrist, sits down with mothers and lets us listen in on conversations that are hard to have outside of a therapist's office.