



Are you Pregnant or a New Mom?

Introduction to the Edinburgh
Postnatal Depression Scale

How are you feeling?

During pregnancy and after the birth or adoption of your baby, you may feel happy and excited. But you may also feel sad and worried. It is normal for new parents to have lots of different feelings and emotions.

What can I do to feel better?

You can talk to your friends and family, or you can ask your doctor, midwife or public health nurse for help to deal with some of your feelings. Eating healthy food, exercising and trying to get lots of rest when you can will also help.

Can these feelings become a serious problem?

In the first week or two after the birth of a baby, new mothers may have times where they feel worried or sad and may cry easily. These feelings usually pass and are called the “baby blues”. For some mothers, these feelings go on longer or come back later and become a serious health problem. This is called depression. If you experience depression, it is important to get help as soon as possible.

How will I know if I need help?

We are asking you to answer this short list of questions. This is called the Edinburgh Postnatal

Depression Scale or EPDS. You don't have to fill out the EPDS at this time if you don't want to, but it will help us to learn more about your feelings and what supports might help you.

While you wait to see your doctor, midwife or nurse, please take a few minutes to complete the form. Then you can talk with your doctor, midwife or nurse about your answers.

Where can I find out more?

More information about depression during pregnancy and after the birth of a baby and where to get help is on the next page.



Who can help me and my family?

- Your family doctor, midwife or nurse practitioner
- Your public health nurse (see below for numbers)

Public Health Nurses

Richmond

Richmond Public Health: 604-233-3150

Vancouver

Evergreen: 604-872-2511

Robert & Lily Lee Family: 604-675-3980

Pacific Spirit: 604-261-6366

Raven Song: 604-709-6400

South: 604-321-6151

Three Bridges: 604-736-9844

North Shore

North Shore Public Health: 604-983-6700

Sea to Sky

Squamish Public Health: 604-892-2293

Whistler Public Health: 604-932-3202

Pemberton Public Health: 604-894-6967

Sunshine Coast

Gibsons Public Health: 604-886-5600

Sechelt Public Health: 604-885-5164

Powell River

Powell River Public Health: 604-485-3310

Areas outside those listed above:

HealthLink BC (8-1-1) and ask for contact information for your local public health unit.

Who can I talk to right away?

Call these numbers for free confidential support:

- Crisis Prevention (available 24 hours a day):
1-800-suicide or 1-800-784-2433
- CHIMO Crisis Centre (Richmond)
(8 a.m. – midnight): 604-279-7070

What other support is there?

You can talk on the phone, attend a group session, or get counseling. Here are some suggestions:

- Pacific Post Partum Support Society:
604-255-7999 (Lower Mainland)
1-855-255-7999 (toll-free for Coastal areas)
- SUCCESS (helpline in Chinese):
Cantonese: 604-270-8233
Mandarin: 604-270-8222
- MOSAIC (new immigrant families): 604-254-9626
- HealthLink BC (to speak with a nurse, pharmacist or nutritionist): 8-1-1 or 7-1-1 (TTY)

Where else can I get information?

More information is available at:

- Coping with Depression during Pregnancy and Following the Birth: A Cognitive Behaviour Therapy-based Self-management Guide for Women. Download from www.reproductivementalhealth.ca
- Postpartum Depression and Anxiety: A Self-help Guide for Mothers. Order from www.postpartum.org
- Here to Help. Tips on managing depression at www.heretohelp.bc.ca

For more copies, go online at <http://vch.eduhealth.ca> or email phe@vch.ca and quote Catalogue No. **GH.410.A74**
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