



How do you feel after having a baby?

Are you:

- sad • angry • numb • overwhelmed
- anxious • worried • frustrated
- panicked • depressed • irritated
- unable to cope • crying a lot
- thinking that you are not a good parent
- feeling trapped

Many mothers have these feelings during pregnancy or after having or adopting a baby. However, if these feelings don't go away, you may need to talk to your doctor, midwife, nurse practitioner, or public health nurse. It can be very difficult to live with these feelings.

Talking to someone who understands does help. There is treatment. You are not alone.

If you need to talk to someone right away, call:

HealthLink BC (available 24 hours a day):
8-1-1 or **7-1-1** (TTY)

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**

Other supports to consider include:

- Your local Public Health Nurse (see below for numbers)
- Pacific Post Partum Support Society:
Lower Mainland: 604-255-7999
Coastal areas: 1-855-255-7999
<http://www.postpartum.org/>
- Your Family Doctor or midwife
- SUCCESS (helpline in Chinese language):
Cantonese: **604-270-8233**
Mandarin: **604-270-8222**
- MOSAIC (new immigrant families):
604-254-9626

To speak with a Public Health Nurse in your area, call:

Richmond

Richmond Public Health: 604-233-3150

Vancouver

Community Health Center near you:

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: 604-331-8901

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: 604-984-5070

Sechelt Public Health: 604-885-5164

Powell River

Powell River Public Health: 604-485-3310

Vancouver 
CoastalHealth

For more copies, go online at <http://vch.eduhealth.ca> or email pchem@vch.ca and quote Catalogue No. **GH.410.H69**

© Vancouver Coastal Health, February 2017