

Other Mental Health Resources

Mental Health & Addiction Services, Centralized Intake

(306) 655-7777

Postpartum Depression Group:

(306) 221-6806

SHR Health and Home Program:

[http://www.saskatoonhealthregion.ca/
your_health/ps_healthy_home.htm](http://www.saskatoonhealthregion.ca/your_health/ps_healthy_home.htm)

Saskatchewan Health Line:

1-877-800-0002 (24 hours)
[http://www.health.gov.sk.ca/healthline-
online](http://www.health.gov.sk.ca/healthline-online)



Our Vision

*Healthiest people
Healthiest communities
Exceptional service*

If you are interested in receiving further information and/or interested in accessing services, please call :

Mental Health & Addiction Services,
Centralized Intake line:

Telephone: (306) 655-7777
Fax: (306) 655-4115

www.saskatoonhealthregion.ca

2011 Mental Health and Addiction Services

Mental Health & Addiction Services

Maternal Mental Health Clinic

In Saskatoon Health Region



West Winds
Primary Health
Centre

Who Do We Serve?

What We Do

We provide services to women who are pregnant, and/or up to one year postpartum, who are experiencing mental health concerns.

Functions primarily as a consultation service. It provides both psychiatric and psychological consultations, with limited follow-up.

What We Don't Do

Long-term psychiatric care, long-term counselling, grief and loss counselling.

Referral Process

Please contact your family doctor to discuss your mental health needs. Together you and your physician may decide that this is an appropriate service for you.

Service Providers

A Psychiatrist, who provide psychiatric consultation for diagnosis and treatment of maternal mental health concerns.

A Clinical Psychologist, who provides consultation and psychotherapy regarding maternal mental health issues during pregnancy and the postpartum period.

A Nurse Coordinator, who makes the initial contact with women referred to the program.

1 in 5 Women in Saskatchewan Experience:

Antenatal Depression:

Depression during pregnancy

OR

Postpartum Depression:

Depression up to one year after pregnancy

Having one or more of the following symptoms for more than two weeks could mean you are experiencing mental health problems:

- Less interest in things you usually like to do
- Crying for no reason
- Irritable, angry, or more sensitive than usual
- More tired or "hyper"
- Not sleeping or sleeping too much
- Problems concentrating
- Not able to cope
- Anxious or panicked
- Thoughts of harming yourself, your baby, or others

Risk Factors

- Past history of depression or psychiatric problems
- History of childhood abuse
- Partner conflict or family violence
- Unplanned pregnancy
- Substance abuse (**including smoking**)
- Poverty
- Lack of social support
- New immigrant
- Member of a visible minority
- Teenage pregnancy

Some women may find themselves feeling depressed even if they have none of these factors.

Possible Effects of Untreated Maternal Depression:

- Inadequate prenatal or postpartum care for mom and baby
- Mother's stress hormones can affect unborn babies
- Increased risk of baby being born early or low birth weight
- Increased risk of poor bonding between mother and baby
- Breastfeeding less and for a shorter period of time
- Partners are 50% more likely to be depressed themselves
- Possible long-term effects on children's health and development