Support and Resources for Mental Health in Pregnancy and Postpartum

**YORK REGION PUBLIC HEALTH PROGRAMS**

**Transition to Parenting Program**
Support and education group for mothers with babies up to one year of age and pregnant women who are experiencing mood changes, including anxiety or depression, or are looking for support while adjusting to parenthood. To register for the group, please call Health Connection 1-800-361-5653 or TTY 1-866-512-6228.

To view the Transition to Parenting program video, visit YouTube.com and search *Transition to Parenting*.

**Healthy Babies Healthy Children Program**
A free home visiting program supporting eligible families who are pregnant, or have children up to six years of age. To access the program, please call Health Connection 1-800-361-5653 or TTY 1-866-252-9933.

**York Region Public Health’s Breastfeeding Clinics**
One-to-one breastfeeding support and teaching with a nurse who has breastfeeding expertise. Call Health Connection 1-800-361-5653 to book an appointment.

**COUNSELING SERVICES**

**Catholic Community Services of York Region**
Fee for counselling services based on client’s ability to pay. 1-800-263-2075 or 905-770-7040. TTY 1-800-263-2075. [ccsyr.org](http://ccsyr.org)

**Employee Assistance Program (EAP)**
Confidential support that may be offered through your employer at no cost. Contact your employer for more information.

**Family Services York Region**
Fee for counselling services are based on individual income.

- Newmarket: 1-888-223-3999
- Markham: 1-866-415-9723
- Richmond Hill: 1-888-820-9986
- Georgina: 905-476-3611

[fsyr.ca](http://fsyr.ca)

**Jewish Family and Child Services**
Counselling support fees based on ability to pay. 905-303-5838 or 24 hour line: 416-638-7800.

[jfandcs.com](http://jfandcs.com)

**Women’s Centre of York Region**
Programs, counselling and support services to women affected by abuse or financial difficulties. No fee for services.

1-855-853-9270 or 905-853-9270
[wcyr.ca](http://wcyr.ca)

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Public Health
1-800-361-5653
TTY 1-866-512-6228
[ york.ca](http://york.ca)
York Support Services Network
Provides mental health services to adults
1-888-695-0070 or 905-898-6455
yssn.ca

CLINICAL SERVICES

Telehealth Ontario
Registered Nurses provide health care support by telephone 24 hours a day, seven days a week
1-866-797-0000 or TTY 1-866-797-0007
http://health.gov.on.ca/

Vaughan Community Health Centre
Provides clinical and social services for residents of Vaughan. The main focus is youth, seniors and people with mental health and addiction issues
905-303-8490
vaughanchc.com

SUPPORT PROGRAMS AND INFORMATION

211 Ontario
Call 2-1-1 for help to find programs and services available in your area
211ontario.ca

Addiction Services of York Region
Support change in the lives of individuals, their families and communities related to substance use and gambling 1-800-263-2288 ext. 322 or 905-841-7007
asyr.ca

Bereaved Families of Ontario
Provides compassionate non-denominational mutual aid support for families and individuals who have lost a significant person to death
1-800-969-6904 or 905-898-6265
bfo-yorkregion.com

Bounce Back Program
An evidenced-based program designed to help adults overcome symptoms of mild to moderate depression, low mood or stress, with or without anxiety
cmha-yr.on.ca/programs-services/bounce-back

Canadian Mental Health Association York Region
Provide services to promote the mental health and well-being of people and their communities within York Region. No fee for services
1-866-345-0183 or 905-841-3977
cmha-yr.on.ca

Cedar Centre
Provides a holistic approach to therapy, education and advocacy for those who have experienced trauma
1-800-263-2240 or 905-853-3040
cedercentre.ca

Centre for Addiction and Mental Health (CAMH)
A hospital and research centre that provides services for people affected by mental health and addiction issues
1-800-463-2338 or 416-535-8501
camh.ca

Community Care Access Centre (CCAC)
Delivers home and community health care and connects people to other services in the community. Services are offered for seniors, adults, children and their families to help determine and provide the right care and health supports to keep them at home
1-888-470-2222 or TTY 416-222-0876
healthcareathome.ca
Life with a Baby

Peer support system to provide ongoing practical and emotional peer-based support for new and expectant parents and parents of children up to the age of six
416-833-3860
lifewithababy.com

Mood Disorders Association of Ontario

Support groups focusing on depression Telephone support by volunteers
1-888-486-8236 or 416-486-8046
mooddisorders.ca

Motherisk

Prenatal and postnatal medication information
1-877-439-2744 or 416-813-6780
motherisk.org

Early ON Child and Family Centre

Early learning and parenting programs for families with children birth to six years of age
1-800-387-5514 or 416-325-2929
TTY 1-800-268-7095 or 416-325-3408
https://www.ontario.ca/page/find-earlyon-child-and-family-centre

Ontario Mental Health Helpline

Provides free health services information, 24 hours a day, seven days a week. Interpreter services are available
1-866-531-2600
connexontario.ca

Big White Wall

Big White Wall is an online mental health and well-being service offering self-help programs and creative outlet when dealing with everyday stressors and life events. The site is available 24 hours a day, 7 days a week, 365 days a year
www.bigwhitewall.ca

Smokers’ Helpline

Support for women on their way to becoming smoke- free
1-877-513-5333
smokershelpline.ca

York Region Children’s Aid Society

Assists families to help strengthen parenting capacity to build stronger, healthier families; and connects families to other support organizations and social services. Helps children at risk of, or being abused or neglected
1-800-718-3850 or 905-895-2318
yorkcas.org

RESOURCES OUTSIDE OF YORK REGION

Reproductive Life Stages Program

Women’s College Hospital
Services include assessment, symptom management, individual and group therapy. Physician or midwife referral required
416-323-6230 or Intake line: 416-323-7715
womenscollegehospital.ca

Mother Matters

Online support group for women with mood adjustment challenges following the birth of their baby
womenscollegehospital.ca/programs-and-services/mental-health/mother-matters

Women’s Mental Health Program

Toronto General Hospital
Consultations and short-term therapy for psychological disorders having to do with the menstrual cycle and pregnancy, including infertility, PMS, management of psychotropic medications during pregnancy, pregnancy loss, postpartum disorders and menopausal disorders. Physician referral required
416-340-4462
uhn.ca/mcc/patientsfamilies/clinics_tests/womens_mental_health
Women’s Mood and Anxiety Clinic: Reproductive Transitions
Specializes in mood and anxiety disorders that women can experience across the lifespan — especially during pregnancy and the postpartum period
416-480-5677
sunnybrook.ca/women-mood-anxiety-clinic

Pregnancy and Infant Loss Network
Provides support services to bereaved parents and their families
1-888-301-7276 or 905-472-1807
pailnetwork.ca

Chinese Family Services of Ontario
Offers free individual and marital counselling
1-866-979-8298 or 416-979-8299
chinesefamilyso.com

CRISIS SERVICES
If you or someone you know is facing a crisis or emergency, call one of the following help lines or head to the nearest hospital emergency department

310-COPE
Community Crisis Response Service
24-hour crisis line: 1-855-310-COPE (2673)
yssn.ca

Empowerment Through Achievement (ETA)
Vaughan Women’s Shelter
Provides emergency shelter, counselling and support to help women and children escaping abusive situations
24-hour crisis line: 1-877-382-1888
etavaughan.com

Sandgate Women’s Shelter
Supports and services for women and their children who have experienced violence.
24-hour hot line: 1-800-661-8294
sandgate.ca

Yellow Brick House
Provides emergency shelter and outreach services for women and their children leaving abusive relationships
24-hour crisis line: 1-800-263-3247
yellowbrickhouse.org

Women’s Support Network of York Region
Crisis Line
Serves women who have experienced childhood or adult sexual abuse, sexual assault, date rape or sexual harassment
24-hour crisis line: 1-800-263-6734 or 905-895-7313
Human trafficking helpline: 905-758-5285
womenssupportnetwork.ca

WEBSITES

Best Start
Provides resources on preconception health, prenatal health and early child development
lifewithnewbaby.ca

Here to Help
Provides online and telephone support related to mental health and substance use
heretohelp.bc.ca

Pacific Post-Partum Support Society
Provides information and helpful videos for mothers experiencing a difficult pregnancy or postpartum adjustment, including postpartum depression and anxiety
postpartum.org
Postpartum Support International
Provides information, social support and informed professional care to deal with mental health issues related to childbearing
postpartum.net

York Region Public Health
Provides information, programs and services related to parenting
york.ca/parenting

**FIND A HEALTH PROFESSIONAL**

Physician or Nurse Practitioner
health.gov.on.ca

Psychologist
psych.on.ca

Social Worker
findasocialworker.ca

Marriage & Family Therapist
rmft.oamft.com

York Region Public Health does not recommend one service over another. If you or someone you know needs support, the agencies listed may be of help.