

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.ca/hbhc

Bounce Back & Thrive! Program

A ten-week skills training course to teach parents and caregivers with children under eight years of age about coping with stress. To register for the program, please visit york.ca/bbt

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
york.ca/breastfeeding

COUNSELLING 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

Public Health

1-800-361-5653
TTY 1-866-512-6228
york.ca



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

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

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

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

cedarcentre.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/women_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

Sandgate Richmond Hill Shelter
905-787-8604, TTY 905-787-8264
Sandgate Jackson's Point Shelter
1-800-661-8294 or 905-722-3220,
TTY 905-722-6223

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

Midwife

www.ontariomidwives.ca/find-midwife

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.