

Other Mental Health Resources

Mental Health & Addiction Services,
Centralized Intake

(306) 655-7777

Postpartum Depression Group:

(306) 655-7777

SHR Health and Home Program:

https://www.saskatoonhealthregion.ca/locations_services/Services/Healthy-Home

Saskatchewan Health Line:

811 (24 hours)

<http://www.saskatchewan.ca/residents/health/accessing-health-care-services/healthline>



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

2017 Mental Health and Addiction Services

Mental Health & Addiction Services

Maternal Mental Health (Psychiatry Consultation)

In Saskatoon Health Region



Who Do We Serve?

What We Do

We provide services to women who are pregnant and/or up to one year post-partum who are experiencing a new onset of mental health concerns.

We function primarily as a consultation service providing psychiatric consultations with limited follow-up. We also link women to appropriate community services as needed.

What We Don't Do

Our services do not provide long-term psychiatric care or counselling services/grief counselling to women where the pregnancy journey has ended in a loss of life.

Referral Process

Please contact your family physician or nurse practitioner to discuss your mental health care needs. A direct referral is then made to the psychiatrist by your healthcare provider.

Service Providers

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

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

In Saskatchewan 1 in 5 Women Experience:

Antenatal Mood & Anxiety Disorders:
(depression & anxiety during pregnancy)

OR

Postpartum Mood & Anxiety Disorders:
(depression & anxiety up to one year after pregnancy)

What to Watch For

Having one or more of the following symptoms for two weeks (or more) could mean you are experiencing concerns pertaining to your mental health:

- 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

- 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 to Canada
- Member of a visible minority
- Teenage pregnancy

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

Possible Effects of Untreated Maternal Mental Health Problems:

- 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
- Possible long-term effects on mother's health