

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](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](http://www.saskatchewan.ca/residents/health/accessing-health-care-services/healthline)



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

**MENTAL HEALTH AND ADDICTION
SERVICES—CENTRALIZED INTAKE**
715 QUEEN STREET
SASKATOON, SK S7K 4X4
P: 306-655-7800 |



saskhealthauthority.ca



West Winds
Primary Health
Centre

2021 Mental Health and Addiction Services

Maternal Mental Health Clinic



Mental Health & Addiction Services
Saskatoon Area

Healthy People, Healthy Saskatchewan

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.

We function primarily as a consultation service providing both 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, long-term counselling, or 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. Together you and your healthcare provider may decide that this is an appropriate service for you. A direct referral is then made to the program by your healthcare provider.

Service Providers

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

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

In Saskatchewan 1 in 5 Women Experience:

Antenatal Depression:
(depression during pregnancy)

OR

Postpartum Depression:
(depression 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

- 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 listed above.

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