

Local Public Health Units

Health Unit	Weekdays	Weekends/Stat Holidays
Abbotsford #104 34194 Marshall Rd	604.864.3400	604.864.3418
Agassiz 7243 Pioneer Ave	604.793.7160	1.866.320.7582
Burnaby #300 4946 Canada Way	604.918.7605	604.918.7601
Chilliwack 45470 Menholm Rd	604.702.4900	604.702.4903
Delta – North 11245 84 Ave	604.507.5400	604.507.5462
Delta – South 4470 Clarence Taylor Cres	604.952.3550	604.507.5462
Hope 444 Park St	604.860.7630	1.866.320.7582
Langley 20389 Fraser Hwy	604.539.2900	604.613.2872
Maple Ridge #400 22470 Dewdney Trunk Rd	604.476.7000	604.897.4892
Mission 1st Floor 7298 Hurd Street	604.814.5500	604.217.1205
New Westminster #218 610 Sixth St	604.777.6740	604.527.4806
Surrey – Cloverdale #205 17700 56 Ave	604.575.5100	604.575.5101
Surrey – Guildford 10233 153 St	604.587.4750	604.587.4761
Surrey – Newton #200 7337 137 St	604.592.2000	604.592.2049
Surrey – North 10362 King George Blvd	604.587.7900	604.587.7908
Tri-Cities #200 205 Newport Dr	604.949.7200	604.949.7220
White Rock/South Surrey 15476 Vine Ave	604.542.4000	604.542.4073

Catalogue # 261762 (Feb 2017) | sryberry.co
To order: patienteduc.fraserhealth.ca

Are you... a new mother
or expecting a baby?
Are you... feeling sad or anxious?



Public health nurses are here to help.



Brought to you by Public Health and Maternal Infant Child and Youth Programs.
fraserhealth.ca/parenting

If you are a pregnant woman or new mother and you feel sad or anxious you should know that...

- It is not your fault
- These symptoms do not usually last for very long
- It is important to talk to someone about your feelings
- Help is available



Some signs of depression...

- Feeling sad, anxious or crying a lot
- Feeling guilty, worthless or hopeless
- Finding it hard to focus or concentrate
- Feeling like you have no energy
- Not wanting to be with your family or friends
- Not enjoying life like you did before
- Not enjoying time with your baby

Take kind and gentle care of yourself...



- Find time for you
- Eat well, sleep well, exercise
- Be aware of your feelings & needs
- Find someone to talk to
- Accept help from your family & friends

You may be more likely to feel depressed or anxious if...

- You have had depression in the past
- Other family members have experienced depression
- You have had a recent sad or stressful event in your life
- You tend to expect too much from yourself
- You feel that you are not supported by your family or friends
- You are not well
- Your baby is not well

What you can do for yourself...

- Try to sleep as close to 8 hours a night as you can – rest in the daytime if necessary
- Choose healthy foods like fresh fruit & vegetables, lean meats (and other protein foods such as cheese and tofu), low fat dairy products, and whole wheat breads
- Try your best to find time to exercise
- Relax – even if it is just for a few minutes to put your feet up or go outside for some fresh air
- Be kind to yourself
- Talk to your family
- Call a friend
- Talk to your doctor or midwife
- Call your public health nurse



Public Health Nurses in Fraser Health have a program called Best Beginnings that provides services to pregnant women, new mothers and babies, children to 2 years of age and their families.

If you are pregnant... please register for the Best Beginnings Program early in your pregnancy. Your doctor, midwife or public health nurse can tell you more about how to register or you can go on-line at fraserhealth.ca/pregnancy

If you answer “yes” to questions about feelings of sadness on the registration form a nurse will call you to talk with you about these feelings. The nurse may also offer to visit you at home.

If you are a new mother a Public Health Nurse will call you 1-2 days after you get home with your new baby.

The nurse will talk with you about:

- Your physical health
- Your mood
- Your baby's health
- Feeding and caring for your baby

Advice for Dads, family & friends

- Encourage her to talk about her feelings and ask for help
- Remind her that it is not her fault
- Show her and tell her that you care
- Pitch in with housework, cooking and looking after other children

To assess your own mental wellness go to fraserhealth.ca/beyondbabyblues to complete the postpartum depression questionnaire

Where to get help ...

- Your doctor, midwife or public health nurse
- **811 (BC HealthLine)** – to speak with a nurse about symptoms. Confidential non-emergency information and advice - 24 hrs a day 7 days a week www.healthlinkbc.ca
- **Crisis Line Association of BC** 310.6789
To speak directly with staff trained to help with sadness and depression (24 hours a day 7 days a week) www.crisiscentre.bc.ca
- **Fraser Health Mental Health Services** fraserhealth.ca/mentalhealth
- **Pacific Postpartum Support Society** 604.255.7999
For information about support groups www.postpartum.org
- **HeretoHelp** is a project of the BC Partners for Mental Health and Addictions Information heretohelp.bc.ca

Sometimes it is important to call for help right away...

Call your doctor, 811 (HealthLink BC) or 911 if you have thoughts or plans to harm yourself or your baby.