



**Perinatal
Program**
Newfoundland
Labrador

Perinatal MENTAL HEALTH

Online Resources

Postpartum Support International

www.postpartum.net

- Weekly online chats for Moms and monthly chats for Dads
- Fact sheets, self-help, videos and guides
- Offers a toll-free help line 1.800.944.4773 and text support at 505-894-9453

Pacific Postpartum Society (BC)

www.postpartum.org

- Online resources, self-help guides and phone support
- Toll-Free 855-255-7999 Texting Support 604-255-7999

Best Start (Ontario)

www.beststart.org

- Has a self-help guide for women living with depression
 - Managing Depression: A Self-Help Skills Resource for Women Living with Depression, During Pregnancy, After Delivery and Beyond

Reproductive Mental Health Program

www.bcwomens.ca

Resources on perinatal mental health, pregnancy loss, and infertility.

Perinatal Mental Health Alliance of NL

www.pmhanl.com

Resources, research articles and upcoming events.

Bridge the gApp

www.nl.bridgethegapp.ca

- For information on perinatal loss and postpartum depression, search “Perinatal Mental Health”
- Connects you to an 8-week online self-management program called “BreathingRoom”

Pregnancy & Infant Loss

Pregnancy and Infant Loss Network

www.painnetwork.sunnybrook.ca

Under the Families Tab, find a list of websites supporting families experiencing perinatal loss and grief.

Podcasts

Stillbirth Happens

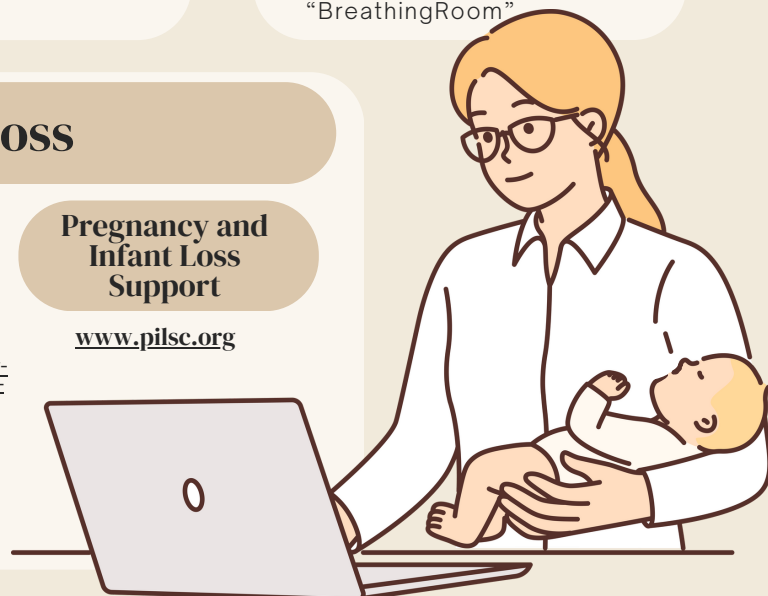
www.bcwomens.ca/health-info/pregnancy-parenting/stillbirth-newborn-loss/podcast-stillbirth-happens/

Beyond the Loss

www.pilsc.org/stories/beyond-the-loss-podcast/

Pregnancy and Infant Loss Support

www.pilsc.org





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Perinatal MENTAL HEALTH Support & Counselling Resources

Provincial Mental Health Crisis Line

- Call 811. HealthLine nurses are available 24/7 to listen, provide support, and connect you to health services in your area.
- Crisis text Line. Text to Talk: 686868

Family Resource Centre

- Provide a variety of drop-in and support programs for parents and their children
- www.childcare.gov.nl.ca/public/ccr/centres

Doorways

Free, single session, walk-in counselling service with a health care professional.

- Available without an appointment or referral
- Phone and Zoom meetings are an option.
- Find a DoorWays in your area: Call 811 and a Healthline nurse will provide you with a location near you.



Lifewise

A nonprofit organization whose purpose is to bring hope to, and reduce stigma, for those individuals living with mental health and addictions concerns.

- The Warm Line: Available in both French and English and offers support and information from trained Lifewise peer supporters.
- Call (709) 753-0220 or 1-855-753-2560, 10 am - 12 pm.
- www.lifewisenl.ca

St. John's Status of Women's Centre

Right Here, Right Now counselling provides single session therapy to women and non-binary people (18 and over) in the St. John's area.

- Free call-in counselling Tuesday 12-5pm and Wednesday 12-5pm. No appt or referral needed. Counsellors offer both In-person and Zoom support.
- www.sjwomenscentre.ca

Mental Health and Addictions System Navigator

A central point of contact for individuals and family members throughout the province to:

- Problem solve so you can figure out next steps and options and find the right services and help in making connections.
- Call 752-3916 or 1-877-999-7589; VRS calls are welcome
- Email: barry.hewitt@easternhealth.ca

Adult Central Intake (St. John's and Metro)

Offers programs and support, including access to counsellors and psychiatry services through referral or by self-referral.

- <https://mha.easternhealth.ca/adults/intake-for-adults/>
- Call 709-752-8888

Web Resources

Postpartum Depression (by moms, for moms)
www.postpartumdepression.org

Postpartum Progress (by moms, for moms)
www.postpartumprogress.com

Meditation Apps

www.balanceapp.com

www.headspace.com

www.calm.com

www.insighttimer.com