



Perinatal Mental Health (PPD) Programs

Overview

Families Matter is a non-profit organization in Calgary that offers free supports to prenatal and postpartum (up to two years) parents who are struggling with their mental health due to the birth of their baby. Supports are provided by trained Peer Supporters who have their own lived experience with mental health struggles. An intake phone call is required to access supports.

Supports Available

One-on-one Supports	<p>Living in Calgary: One-on-one weekly support with a PMH Support Worker that can include meeting in-home, on the phone, in the community or over Zoom.</p> <p>Living outside of Calgary (Province wide): One-on-one weekly support with a PMH Peer Supporter over the phone.</p>
PPD Groups	<p>Living in Calgary: Weekly in-person or Zoom, two-hour, Postpartum support groups discussing tools and strategies for support and normalizing the postpartum experience.</p> <p>Living outside of Calgary (Province wide): Weekly Zoom, two-hour, Postpartum support groups discussing tools and strategies for support and normalizing the postpartum experience.</p>
Support for Partners	<p>PPD Info Night for Couples: A one-night Zoom session where a couple with lived experience discuss their journey through Perinatal Mental Health struggles and provide information on how to support the family through their journey. You will be provided tools and strategies around coping, communicating and self-care for the both of you.</p> <p>One-on-one Supports: The partner is also able to receive one-on-one supports with a separate support worker at the same time if they are struggling with your mental health after the birth of the baby.</p>
Perinatal Mental Health for Black Canadian Women	<p>One-on-one Supports (Province wide): One-on-one weekly phone calls with a PMH Peer Supporter. This program is specific to the BCA community who will receive supports from a community member who has their own lived experience with mental health struggles and being a Black person in Canada.</p>

What you can discuss with your Peer Support Worker:

- PPD 101 - how you may not be feeling like yourself.
- Changes in your relationship (feeling alone).
- Worries you have about raising your baby.
- New emotions that don't feel good or familiar.
- Other resources in your area that can support you
- Wanting to learn new ways of coping being a parent.

How to Access Supports

Website	https://familiesmatter.ca/our-programs/perinatal-post-partum-depression/
Self-Referral	403.205.5194 or 403.205.5180
Referral form available for professionals	Intake Referral Form Families Matter Calgary