Postpartum Depression and Psychosis

Understanding Early Warning Signs and How Family and Friends Can be Supportive

Wednesday, September 18, 2013
Community Classroom, McNally Robinson Booksellers
1120 Grant Avenue Winnipeg
Cost: $10.00 (partial proceeds to Canadian Mental Health Association, Winnipeg Region)

SPEAKER 7:00-8:00 p.m.
PANEL AND QUESTIONS 8:00-9:00 p.m.

MODERATOR
Nicole Chammartin, Executive Director
Canadian Mental Health Association, Winnipeg Region

PANEL
Dr. Carrie Lionberg, Assistant Professor & Clinical Health Psychologist
University of Manitoba - Faculty of Medicine
Laurie McPherson, Mental Health Promotion Coordinator
Winnipeg Regional Health Authority
Jody Thomson, Mothers Program Team Leader
Women’s Health Clinic
Nicole Gamble, Registered Nurse, PPD, PPA & PPOCD Survivor
& PPD Support Group Facilitator and Peer Support,
Mood Disorders Association of Manitoba

Having a baby is often regarded as a time of great happiness and fulfillment in a woman’s life. However, a substantial number of women may not experience this ideal notion of motherhood and instead find themselves challenged by depressed and anxious mood, problems coping with the demands of daily tasks, and in some instances, may be struggling with frightening thoughts and experiences about themselves and/or their children. At the extreme, a woman may feel that she is at risk of endangering her own safety or that of her infant and other children in her care. This presentation will provide information about what may be early warning signs and symptoms of postpartum depression or anxiety, including a rarer range of symptoms that may emerge and complicate mood functioning, known as psychosis. Discussion will also include focus on what concerned family members and friends may do to support a mother who is struggling with postpartum mood and adjustment issues.