

Pregnancy in a Pandemic

Patient Resources

Last updated: Nov 16/20

COVID-19 and Pregnancy

Instagram

@pandemicpregnancyguide

The Ottawa Hospital virtual tours

General site: <https://www.youtube.com/watch?v=E-EAiX1g21Y>

Civic site: <https://www.youtube.com/watch?v=X4tdCEkj19A&feature=youtu.be>

Ottawa Public Health Guidance

<https://www.ottawapublichealth.ca/en/public-health-topics/social-distancing-for-parents-teens-and-children.aspx#Pregnancy-and-COVID-19->

Health Canada Guidance

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/pregnancy-advise-mothers.html>

WHO Guidance

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-on-covid-19-pregnancy-and-childbirth>

General Health information for new parents

Parenting in Ottawa

Parenting in Ottawa is a resource for parents created by Ottawa Public Health and its community partners. It was designed to make parenting in Ottawa a little bit easier. Browse our website to find information written by local health experts.

<https://www.parentinginottawa.ca/en/index.asp>

The Mothers Program™ - Canadian Healthy Pregnancy, New Mothers and Babies

The goal of The Mothers Program™ is to help women in Canada who are contemplating pregnancy, are pregnant or are now new mothers with a baby to keep up-to-date on the latest medical information; healthy pregnancies = healthy children and healthy adults!

www.themothersprogram.ca

Crisis and Distress

Crisis Line:

Within Ottawa: **613-722-6914** Outside of Ottawa: **1-866-996-0991**

The Crisis Line is available free of charge, 24 hours a day, 7 days a week. Individuals, families or concerned friends may call the Crisis Line where volunteer Crisis Line Responders will assess each situation, offer support and, if required, connect you with the appropriate Crisis Team in your area.

24/7 Distress Line/Help Line:

Telephone: **613-238-3311**

The Distress Line/Help Line services provide:

- Emotional support and encouragement
- Crisis management and intervention
- Suicide risk assessment and prevention
- Community resource / referral information

The Distress Line / Help Line is available 24 hours a day, 7 days a week.

Safety

Unsafe at Home Ottawa: A secure text and online chat service for women who may be living through increased violence and abuse at home during the COVID-19 pandemic. Counsellors provide emotional support, practical advice and referrals. Your conversations are confidential and secure. Available 7 days a week from 8:30 am to midnight.

- ➔ **Text @ 613-704-5535** (You don't need a data plan, internet connection or an app to use Unsafe at Home Ottawa on your cell phone.) For your safety, be sure to delete your text history once you're done texting with us.
- ➔ **Chat online:** Go to <https://unsafeathomeottawa.ca/> and click the **Chat Online Now** button. A chat window will open, and you will connect with a trained counsellor. You can end the conversation at any time. Once it's done, your chat history will be erased. You'll need a device with wifi or an internet connection to use the chat service.

Free Online Mental Health Support

Togetherall (formerly Big White Wall)

<https://togetherall.com/en-ca/>

Online interactive group courses on a variety of topics e.g. managing insomnia, quitting smoking, managing depression, managing stress and anxiety, coping with grief and loss, managing negative thinking. Includes self-assessments, activities, and group chats.

Bounce Back Ontario

<https://bouncebackontario.ca>

Online videos (available in English, French, Mandarin, Cantonese, Punjabi, Arabic and Farsi) on topics such as: balanced thinking, dealing with unhelpful behaviour, sleeping better, healthy living, being assertive. Telephone coaching (3-4 sessions) and 20 different workbook selections which you can complete at your own pace.

Mother To Baby

<https://mothertobaby.org>

Live chat counseling and fact sheets on topics like medications, vaccines, infectious diseases, herbal supplements, chemicals, beauty products, substances of abuse

Mother Matters (Women's College Hospital)

<https://www.womenscollegehospital.ca/news-and-publications/Connect-2018/mental-health-support-for-moms-when-they-need-it>

Offers an 8-week online support group for women with mood and adjustment challenges following birth

Maternal Mental Health Matters, Postpartum Depression and Anxiety Support Group Facebook:

<https://www.facebook.com/groups/maternalmhatterssupportgroup/>

Postpartum Support International:

Perinatal Mental Health on-line support meetings.

<https://www.postpartum.net/get-help/psi-online-support-meetings/>

Ottawa Region Contact: Katey Rayner, katey.rayner@gmail.com

Mothercraft:

Postpartum support drop-ins on Tuesdays and Wednesdays 10-12, via Zoom.

Both are for any perinatal mental health challenges: Tuesdays for folks needing to speak specifically about COVID; Wednesdays are for folks who are needing to put some space from all the chatter. Anyone who needs support can come on either day. The links to those virtual meetings are posted on the main Mothercraft Facebook page:

https://www.facebook.com/MothercraftOttawa/?_tn=%2Cd%2CPR&eid=ARCt7Yb504IAbrU8wUFe0_oQsQpBKsEBHLw7TWvetLodm7LRXUalWQYNaiOtgPzLaYhNQ7PL8Ynj0Yhz

The Birth Companion Program provides perinatal support to at-risk folks in the community, free of charge. While we are not able to be physically present for labour and delivery, we are able to continue providing great support/resources and companionship via phone, text, zoom, FaceTime etc.

Prenatal and Baby's Here Classes are also continuing in a virtual capacity. Links/registration info can be found through the Mothercraft website: <http://mothercraft.com/>

Family Services Ottawa:

Phone (Intake Worker): 613-725-3601 Ext 117

Website: www.familyservicesottawa.org/moms-groups/

Languages Served: English & French

Fees: Sliding Scale (\$50-\$300 total for eight-week programs)

How to Access: Self-referral by phone or e-mail

Beyond the Baby Blues (BBB): A 10-week structured group program for mothers. Includes pre- and post-program assessments for postpartum depression via secured Video Conferencing. Currently making intake appointments with the therapists. Moms can contact directly at **613-725-3601 ext 108**.

Individual counselling: call **613-725-3601**, and speak with our Intake Worker who will match you with a counselor. Offering secure video and telephone counselling.

Life with Baby:

We are running our HOPE groups for moms with Perinatal Mood and Anxiety Disorders. They are facilitated by a peer and a social worker. They can register and see a list of our online programs, open to mothers across Canada at www.lifewithababy.com/online

Mothers and Babies On-Line Course: <https://www.emb.health/>

On-line course for mothers and those who support a mother and baby/babies. Focuses on emotional health. Presented in modules, this course includes: a) emotional experiences, b) the relationship between thoughts and feelings c) the impact of behaviour on how you feel d) the importance of relationships e) relaxation exercises and strategies

Addiction Services:

Amethyst Women's Addiction Centre

(613) 813-6780 <http://www.amethyst-ottawa.org>

Amethyst Women's Addiction Centre offers alternative addiction services to women. Amethyst is committed to working with diverse and marginalized groups of women. A central task of Amethyst is to help women take charge of their lives by ending substance use and/or problem gambling and by making changes that enhance their strengths, their freedom and their choices.

Montfort Renaissance: Service Access to Recovery (SAR)

613-241-5202 <https://montfortrenaissance.ca/en/programs-and-services/addiction/>

SAR is the bilingual gateway to addiction treatment in the Ottawa area. SAR navigators will offer information to you and your relatives, and will provide help and support while you are waiting to start the treatment that was referred to you. SAR gives you priority access to a nurse practitioner who is an expert in addiction and mental health, and will assess your health needs and prescribe the appropriate treatment.

Mindfulness Meditation Apps:

Headspace (Android or Apple)- Guided meditations and mindfulness

Calm (Android or Apple)- Mindfulness meditation and relaxation app

Mind the Bump (Android or Apple)- A mindfulness meditation tool for new and expecting parents

Centre for Mindfulness Studies (Android or Apple)- Guided meditations in Mindfulness-based Cognitive Therapy (MBCT), Mindfulness-based Stress Reduction (MBSR), and Mindful Self-Compassion (MSC)

Visit <https://www.mindfulnessstudies.com> for live online courses in MBCT, MBSR, and MSC

Community Resource Centres:

Community Resource Centres serve specific geographical areas. Look for the one in your community. Check their website for updates about services during COVID-19.

Carlington Community Resource Centre

<https://www.carlington.ochc.org/about/>

Main reception: 613-722-4000

Centretown Community Health Centre

<https://www.centretownchc.org/we-are-here-for-you-during-covid-19/>

Telephone: 613-233-4443

Lowertown Community Resource Centre

<http://www.coalitionottawa.ca/en/find-your-chrc/lowertown-crc.aspx>

Telephone: (613) 789-3930

Nepean, Rideau, Osgoode Community Resource Centre

<https://www.nrocr.org/>

Telephone: 613-596-5626

Orleans-Cumberland Community Resource Centre

<https://www.crcoc.ca/en/>

Telephone: (613) 830-4357

Pinecrest-Queensway Community Health Centre

<https://www.pqchc.com/>

Telephone: 613-820-4922

Rideau-Rockcliffe Community Health Centre

<http://www.crcrr.org/>

Telephone: (613) 745-0073

Sandy Hill Community Health Centre

<https://www.shchc.ca/>

Telephone: (613) 789-1500

Somerset West Community Health Centre

<https://swchc.on.ca/>

Telephone: (613) 238-8210

South-East Ottawa Community Health Centre

<http://www.seochc.on.ca/>

Telephone: 613-737-5115

Vanier Community Resource Centre

<http://www.cscvanier.com/fr/services/>

Telephone: (613) 744-2892

Western Ottawa Community Resource Centre

<https://wocrc.ca/>

Call us at 613-591-3686