

Postpartum Support Online Resources

Postpartum Support International

<https://www.postpartum.net/>

Maternal Mental Health Now

<https://www.maternalmentalhealthnow.org>

Seleni

<https://www.seleni.org/advice-support/2018/3/16/im-worried-i-may-havepostpartum-depression-can-a-support-group-help>

Pacific Post Partum Support Society

<http://postpartum.org/services/for-moms/resources-for-moms/>

Public Health Ontario

<https://www.publichealthontario.ca/en/health-topics/healthpromotion/maternal-infant-health>

Born Ontario

<https://www.bornontario.ca/en/about-born/access-postpartumsupport.aspx>

BounceBack Ontario (CMHA)- New Parent Program

<https://bouncebackontario.ca/wp-content/uploads/2020/09/BounceBack-New-Parent-Handout-EN-FINAL-HR.pdf>