



WALKING TO RAISE AWARENESS FOR MATERNAL MENTAL HEALTH

BARRIE (May 4th, 2020) - To commemorate World Maternal Mental Health Week proclaimed by the City of Barrie from May 3rd to May 10th, 2020, the Canadian Perinatal Mental Health Collaborative (CPMHC), along with community partners will lead a mom and baby stroller walk May 4th to raise awareness of postpartum depression and perinatal mental health.

“In Canada and worldwide, 20% of women and 10% of men suffer from a perinatal mental illness which can include prenatal or postpartum depression and anxiety,” said CPMHC co-founder and registered nurse, Jaime Charlebois. “Perinatal Mood and Anxiety Disorders (PMADs) are the most common obstetrical complication making it a significant public health concern.”

Walkers will meet at 10 am at Kempenfelt Bay by the green space at the South Centennial lot and will follow a two kilometre route along the waterfront to the City of Barrie Rotunda where they will be joined by Mayor Jeff Lehman and other dignitaries for refreshments and speeches.

“Poor mental health affects the expectant and new mother and father’s overall emotional and physical well-being,” said CPMHC co-founder, Patricia Tomasi, “but it also impacts unborn, newborn and developing children, partners, family, friends and society as a whole.”

The CPMHC’s mission is to have the federal government create a national perinatal mental health strategy with universal screening for perinatal mental illness and better access to treatment. Other countries such as the U.K., Australia, and the U.S. have national guidelines while Canada does not. The CPMHC has thousands of supporters from across Canada, a Social Media Ambassador team, and a National Committee comprised of advocates and health care practitioners.

During the federal election campaign this past October, the CPMHC sent a letter to all party leaders asking for their support and were ecstatic to receive a letter back from NDP leader Jagmeet Singh expressing his full support for a national strategy. The CPMHC launched a petition on Bell Let’s Talk Day in January and have so far collected 2500 signatures.

For further information, please contact:

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