



Introducing the First Comprehensive Canadian Anthology of Perinatal Mental Health Stories: **You Are Not Alone**

Published By Moms, For Moms, Suffering from Postpartum Depression

*"To have a set of stories from people with lived experience across Canada specifically is so special."
Dr. Simone Vigod, head of psychiatry at Women's College Hospital.*

You Are Not Alone is an anthology of perinatal mental health stories from conception to postpartum. It is the first of its kind in Canada, recounting the true stories of 49 moms across the 49th parallel. In it, they recount the struggles and triumphs of motherhood and perinatal mental illness.

These touching and very personal accounts were collected by Patricia Tomasi, co-founder and executive director of the Canadian Perinatal Mental Health Collaborative (CPMHC) along with registered nurse and perinatal mood disorder coordinator, Jaime Charlebois. Both share their own experiences with perinatal mental health struggles, and drawing on their own expertise as therapists and healthcare providers, include resources and additional chapters offering critical information on the science of perinatal mental health, types of disorders, a glossary, and insights from Canada's leading doctors and researchers.

The launch of this book couldn't be more timely; pre-pandemic, one in five women suffered from prenatal or postpartum anxiety and depression, that number is now one in three. Suicide has become a leading cause of maternal death with rates of perinatal mental illness higher for BIPOC and LGBTQ+ people.

"Social isolation is a major contributing factor of postpartum depression and our hope is that these stories and this book will help moms know and feel that they are not alone, especially in light of the ongoing pandemic." says editor and anthology creator, Patricia Tomasi.

In this anthology, readers will also learn about topics not often associated with perinatal mental illness:

- tokophobia (fear of childbirth)
- infertility
- miscarriage
- stillbirth
- post-adoption depression
- paternal depression experienced by fathers and partner

The book is divided into five parts: 1) Preconception, pregnancy and birth; 2) Postpartum depression and anxiety; 3) Postpartum anger; 4) Postpartum bipolar disorder and psychosis; and 5) The pandemic.

Tomasi, Charlebois and select contributors are available for media interviews.

To arrange an interview or obtain a media copy of the book, please contact:
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