

Mental Health

Your Mental Health & Pregnancy

PregnancyInfo.ca

- Canadian evidence-based pregnancy and postpartum resource.
- Provides accessible education on perinatal mental health.
- Helps recognize signs of anxiety, depression, and stress.
- Encourages early support and treatment seeking.
- Supports parent, infant, and family well-being.

Healthy Parents Healthy Children

- Alberta evidence-based pregnancy and parenting resource.
- Provides trusted information from pregnancy to early childhood.
- Supports informed parenting and healthy family decisions.
- Promotes healthy growth, development, and family wellness.

Self-Guided Mental Health Tools

Apps

- Calm
- Headspace
- Happier Meditation
- Smiling Mind
- MindShift CBT

Websites

- [Managing Depression Workbook](#)
- [Centre for Clinical Interventions](#)
- [Hope](#)

Books

- Your Brain on Pregnancy by Dawn Kingston
- Expecting Mindfully by Sherryl H. Goodman & Sona Dimidjian
- 10% Happier by Dan Harris



For more information on mental health resources: foothillsmaternityclinic.com

Community & In-Person Support

Free Programs

- **Best Beginning**
 - Supports pregnant teens and low-income families through education, resources, and community support.
- **Families Matter**
 - Offers parenting, mental health, and family support programs that promote healthy child development and family well-being.
- **CUPS Family & Child Development Centre**
 - Provides parenting support, child development services, specialist care, classes, and drop-in programs.
- **Calgary Public Library**
 - Offers various family programs throughout the city.
- **Children's Cottage Society**
 - Connects families with free parenting, child development, counselling, and community support programs.
- **Postpartum Support International — Help for Dads**
 - Supports dads with mental health resources during pregnancy and early parenthood.
- **Birth and Babies**
 - Offers a wide range of free and paid classes on pregnancy, parenting, newborn care, and family health for expecting and new parents.

Paid Programs

- **Mommy Connections**
 - Helps new moms connect, learn, and build community during early parenthood.
- **Brilliant Beginnings**
 - Helps parents and caregivers build confidence, connection, and healthy child development through family programs and workshops.
- **Moss Postpartum**
 - Holistic postpartum care and support for new parents and families.

Talk with a professional

Access Mental Health

403-943-1500

Fully-funded counselling offered through Recovery Alberta.

Eastside Community Counselling

403-299-9699

Immediate, no-cost, mental health support by phone/text or walk-in.

One-Step-at-a-Time Counselling

587-774-9736

Free, single-session counselling for adults, couples, & families through the Foothills Primary Care Network.

Families Matter

403-205-5194 or 403-205-5180

Free family programs & classes to support parents, children, & family wellbeing.

Employee Assistance Programs

Available through many employer benefits programs — check your coverage.

Eunoia Virtual Counselling

Fully virtual women's mental health clinic.

Foothills Maternity Group Generalist in Mental Health

Covered counselling in-house.

Please ask your doctor at the front desk for more information.

Crisis Counselling

National Suicide Crisis Helpline: call 9-8-8

Distress Centre: call/text 403-266-4357

Calgary Women's Shelter: call 403-234-SAFE (2733), or text 403-604-6689

Alberta Mental Health Line: call 1-877-303-2642

National Helpline: call/text 2-1-1

Adverse Childhood Experiences

- Curious how your childhood experiences may affect your pregnancy and parenting?
- [Adverse Childhood Experiences \(ACEs\) Questionnaire](#)
- [Adult Resilience Measure-Revised \(ARM-R\) Questionnaire](#)

Resources

Center on the Developing Child

- Learn more about ACEs and toxic stress through answers to frequently asked questions.

Alberta Family Wellness Initiative

- Educational videos, courses, and resources on ACEs, toxic stress, resilience, and brain development.

Trauma-Informed Care Collective Calgary

- Calgary network promoting trauma-informed care and ACEs awareness across community organizations.

ACEs Aware

- Resilience-building tools, patient handouts, and trauma-informed care resources.

Community Resilience Coalition

- Practical tools and online resources for parents and communities to build resilience and reduce the impact of ACEs.

Educational Graphics

- [Center on the Developing Child](#)
- [ACEs Coalition](#)



Adverse Childhood Experiences (ACEs) & Adult Resilience Measure (ARM) Questionnaires

The following questionnaires ask about childhood experiences that may affect resilience and coping. All patients are invited to complete them as part of routine care. Your privacy is respected, participation is voluntary, and you can choose how much information to share.

Why Are These Questionnaires Important?

Your mental and physical health are connected. The first questionnaire asks about difficult experiences you may have had during childhood, called Adverse Childhood Experiences (ACEs). ACEs can happen to people of all backgrounds, cultures, and income levels. Higher ACE scores may increase the risk of physical and mental health challenges, including during pregnancy and after birth. Having a risk factor does not mean you will develop a health problem.

The second questionnaire asks about resilience factors, such as supportive relationships and coping skills. These strengths can help protect your health and support your ability to handle stress. Higher resilience scores may lower the risk of health challenges during pregnancy and the postpartum period.

Your answers may help you and your healthcare team better understand factors that may affect your health. Please discuss your results with a healthcare provider and explore the supports and resources provided.

Adverse Childhood Experiences (ACEs) Questionnaire

While I was growing up, before I turned 18 years old (please select 'yes' or 'no' for each of the following statements):

Yes	No	
		1. A parent or other adult in the household would often swear at me, insult me, put me down, or humiliate me OR act in a way that made me afraid that I might be physically hurt.
		2. A parent or other adult in the household would often push, grab, slap, or throw something at me OR hit me so hard that I had marks or was injured.
		3. An adult or person at least 5 years older than me touched or fondled me or had me touch their body in a sexual way OR tried to have oral, anal, or vaginal intercourse with me.
		4. I often felt that no one in my family loved me or thought I was important or special OR that my family didn't look out for each other, feel close to each other, or support each other.
		5. I often felt that I didn't have enough to eat, had to wear dirty clothes, and had no one to protect me OR my parents were too drunk or high to take care of me or take me to the doctor if I needed it.
		6. I experienced a parental death, separation or divorce.
		7. A household member was often pushed, grabbed, slapped, or had something thrown at him/her OR sometimes kicked, bitten, hit with a fist, or hit with something hard OR ever repeatedly hit over at least a few minutes or threatened with a gun or knife.
		8. I lived with someone who was a problem drinker or alcoholic, or who used street drugs.
		9. A household member was depressed, mentally ill, or attempted suicide.
		10. A household member went to prison.
Your ACE score is the total number of 'yes' answers _____		
Yes	No	
		Did you experience any other events in your childhood or later that were extremely stressful or traumatic?
		Do you feel you need further support for any of the stressful or traumatic events you have experienced?



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Adult Resilience Measure-Revised (ARM-R)

ARM-R

To what extent do the following statements apply to you?

There are no right or wrong answers.

		Not at all [1]	A little [2]	Somewhat [3]	Quite a bit [4]	A lot [5]
1	I cooperate with people around me	1	2	3	4	5
2	Getting and improving qualifications or skills is important to me	1	2	3	4	5
3	I know how to behave in different social situations	1	2	3	4	5
4	My family has usually supported me through life	1	2	3	4	5
5	My family knows a lot about me	1	2	3	4	5
6	If I am hungry, I can get food to eat	1	2	3	4	5
7	People like to spend time with me	1	2	3	4	5
8	I talk to my family/partner about how I feel	1	2	3	4	5
9	I feel supported by my friends	1	2	3	4	5
10	I feel that I belong in my community	1	2	3	4	5
11	My family/partner stands by me during difficult times	1	2	3	4	5
12	My friends stand by me during difficult times	1	2	3	4	5
13	I am treated fairly in my community	1	2	3	4	5
14	I have opportunities to show others that I can act responsibly	1	2	3	4	5
15	I feel secure when I am with my family/partner	1	2	3	4	5
16	I have opportunities to apply my abilities in life (like skills, a job, caring for others)	1	2	3	4	5
17	I enjoy my family's/partner's cultural and family traditions	1	2	3	4	5