

## INTEGRATED MENTAL HEALTH AND SRH RESOURCES



### Richmond Reproductive Psychiatry Program

**Services:** Psychiatric assessments and follow-up for reproductive-related mental health concerns

### Sage Maternal Mental Health & Maternal Wellness

**Services:** Specialized counselling for pregnancy, postpartum, reproductive challenges and loss, birth trauma, and identity shifts.

### Reproductive Mental Health Clinic (St. Paul's Hospital)

**Services:** Mental health care for pregnancy, postpartum, and reproductive transitions, including assessments, psychiatric support, treatment, and CBT groups

### Reproductive Mental Health Services (BC Women's Hospital)

**Services:** Provides mental health and substance use support before, during, and after pregnancy

### Reproductive Mental Health — Surrey Mental Health & Substance Use Centre

**Services:** Provides psychiatric care for reproductive-related mental health concerns (e.g., prenatal/postpartum depression, PMDD, menopause).

## PARTNERS



### Support Network for Indigenous Women and Women of Color



[sniwwoc.ca](http://sniwwoc.ca)



[info@sniwwoc.ca](mailto:info@sniwwoc.ca)



**ACPNet**

A POSITIVE MIND FOR  
SOCIAL CHANGE

### Afro Canadian Positive Network of BC



[afropositive.org](http://afropositive.org)



[acpnetworkbc@gmail.com](mailto:acpnetworkbc@gmail.com)

## Funder

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## BRIDGING GAPS IN SEXUAL AND REPRODUCTIVE CARE:

*A Holistic Approach for Racialized  
Communities*

## MENTAL WELL-BEING AND SEXUAL & REPRODUCTIVE HEALTH (SRH)



## WHAT IS MENTAL WELL-BEING?

This is the **state of emotional, psychological, and social health**. It affects how we think, feel, and act in daily life.



### MENTAL WELL-BEING SUPPORTS;



Coping with stress



Making life decisions



Building healthy relationships

## WHAT IS SRH CARE?

SRH care in Canada includes a broad spectrum of services and rights, such as:

Pregnancy  
gender-affirming  
Fertility  
Abortion care  
Birth control  
Cancer screening  
HPV vaccination  
Mental health support  
Support after sexual violence

### MENTAL HEALTH IMPACT ON SRH

- **High stress** and **depression** can contribute to inconsistent contraceptive use, unintended pregnancy, and reduced sexual autonomy.



**Perinatal depression** affects 1 in 5 mothers in Canada, with immigrant and racialized women at higher risk.

## SRH IMPACT ON MENTAL HEALTH

- Infertility can triple the risk of **depression and anxiety**, and **stigma** in BIPOC communities often prevents open dialogue
- Miscarriage and stillbirth can have lasting **emotional and psychological impacts**, often compounded by cultural silence
- Survivors of sexual and gender-based violence frequently develop **PTSD and depression**, with Indigenous women in Canada disproportionately affected

### WHAT YOU CAN DO

- **Know your rights-** Your care must be respectful, confidential, and culturally safe. If not, you can ask for another provider
- **Seek safe providers-** Look for clinics where staff understand your culture and experiences
- **Build peer networks-** Join support groups to talk about mental & sexual health without judgment
- **Use Crisis & Helpline Resources-** Free 24/7 text & phone lines are available
- **Share knowledge-** Open conversations about mental health and SRH help reduce stigma