

## **BARIATRIC CLINIC MENTAL HEALTH AND PSYCHOSOCIAL HANDOUT**

There can be a variety of challenges that emerge during the post-operative period. Sometimes these may require further help and support.

**Suicide and self-harm:** If you are experiencing thoughts of self-harm or suicide please contact the following resources:

- COAST – 905-972-8338
- Call 9-1-1 or visit your closest Emergency Department
- Barrett's Centre – 1-844-777-3571
- Mental Health Helpline – 1-866-531-2600

**Mental Health:** It can be common to struggle with new or pre-existing mental health needs post operatively, such as: Depression and Anxiety.

- SJHH Family Resource Centre and Family Peer Supportive Resources – <https://www.stjoes.ca/hospital-services/mental-health-addiction-services/patient-and-family-collaborative-support-services>
- Bounce Back Program -a free skill-building program designed to help adults and youth manage symptoms of depression and anxiety <https://bouncebackontario.ca/>
- Anxiety Canada - <https://www.anxietycanada.com>
- Abiliti CBT - <https://myicbt.com/home>

If you have exhausted all of the resources through your Family Physician's office, your Family Physician may consider a referral to the Connect Mental Health and Addictions Outpatient Program at St. Joseph's Healthcare Hamilton. This is a centralized intake service for all of the outpatient mental health and addictions programs at St. Joseph's Healthcare Hamilton. More information regarding the Connect Program can be found at:

<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs>

**Problematic Behaviours:** There can be an increase problematic behaviours post op such as increased alcohol use, gambling, shopping. These can be a new issue or a relapse of previous concerns. If you are experiencing any of these issues there are several types of services available in your community.

- Men's Addiction Services Hamilton (MASH) – 905-527-9264
- Womenkind Addiction Service – 905-545-9100
- Rapid Access Addiction Medicine Clinic (RAAM) – 905-522-1155 ext. 35800
- Smokers Helpline – 1-877-513-5333
- Addiction, Mental Health and Problem Gambling Services – 1-866-531-2600

**Emotional Eating:** Appetite and cravings can return approximately a year to 2 years post-operatively. This can cause some former eating patterns to return such as emotional eating, which can cause significant weight regain. These eating patterns can be triggered by high stress situations, restriction in food intake, returning to previous fad diets such as Keto, Atkins, low carb etc. To assist with this, it is important to ensure you are eating consistently throughout the day (5-6 times), eating well balanced meals and snacks, planning treat foods in a way that is manageable and being mindful of why you are eating. **Craving Change** is a program that is offered in many communities and is helpful in addressing struggles with emotional eating.

**Binge Eating:** This type of eating is characterized by eating a larger than is a typical amount of food in a short period of time, experiencing a loss of control over the eating and having feelings of guilt associated with the eating. For patients who have had bariatric surgery Binge Eating can present differently. For example, you eat a meal, become full, shortly after when you are not as full you eat more, when you are not as full you eat more etc. resulting in you consuming a high number of calories. This is different than eating every 3-4 hours as recommended by the clinic. Resources for Binge Eating include:

- Body Brave – 905-312-9628, [www.bodybrave.ca](http://www.bodybrave.ca)
- St. Joseph's Healthcare Hamilton Eating Disorder Program – Physician referral through Connect required
- Newport Centre (Port Colborne) - (905) 378-4647

Sometimes patients struggle with specific food aversions or restricting their food intake. They may engage in behaviours such as: self-induced vomiting, laxative use and/or over exercising in order to control their weight. These can be dangerous and should be further assessed by your Family Doctor.

**Body Image:** Many people struggle with body image after surgery. This is sometimes related to loose skin. Other times it may be difficult to notice the physical changes that you have experienced since surgery. The following resources may be helpful:

- Body Image Workbook by Thomas Cash
- Body Brave – 905-312-9628, [www.bodybrave.ca](http://www.bodybrave.ca)

**Weight Regain:** Although weight regain can be typical, it can be quite distressing for some people. There are likely multiple factors that contribute to weight regain such as: mental health concerns, social stressors, reverting back to previous behaviours and/or nutritional challenges. Thus, it is important to seek support as soon as possible.

**Should you have any of the above concerns please speak to your Family Doctor.**

**You have access to the Peer Support Group at the Bariatric Clinic for the rest of your life. We hope to see you there!**