



"Gray skies are going to clear up." Or not.

Singer Amy Sky talks about postpartum depression.

How can such a joyful event lead to such debilitating darkness? Amy Sky has been through postpartum depression with the birth of her first child, Zoe, and wants to share her experience. One that included everything from hallucinations to complete exhaustion. She wants to let other women know that they're not alone. Because Amy intimately knows the cost of vanquishing those demons. CAMH is one of the world's leading institutions in the understanding and treatment of depression. For Amy and CAMH, open dialogue is where solutions start. And where gray skies really do begin to clear up.

We're transforming lives.

For help or information,
call 1-800-463-6273.
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