RESOURCES SHARED
MATERNAL MENTAL HEALTH DURING THE COVID-19 PANDEMIC
CONGRESSIONAL BRIEFING
MAY 19, 2020

POSTPARTUM SUPPORT INTERNATIONAL (PSI) is the go-to resource for families experiencing mental health issues related to pregnancy and postpartum. PSI’s Helpline offers phone and text options in both English and Spanish; trained volunteers return messages every day of the week, providing social support and connections to local resources. PSI also offers:

- daily on-line support groups with dedicated meetings for military moms and parents with babies in the NICU
- specialized support for military families, fathers, birth mothers who choose adoption, and postpartum psychosis
- links to local resources in all 50 states (and many countries around the world)
- moderated private Facebook group and Smart Patients forum
- an online directory with information about support groups and mental health providers with advanced training in perinatal mental health

The March of Dimes provides a variety of resources for women during pregnancy and postpartum, including:

- COVID-19 webpage
- New Moms Need blog
- weekly Facebook live sessions
- previous Facebook sessions
- Steps to Take Action
- COVID-19 Intervention and Support Fund
- NICU Baby App
- Birth Plan
- Postpartum depression

Tips from Dr. Pooja Lakshmin About Managing Stress and Anxiety During the Pandemic

- Limit media intake
- It’s OK to feel grief. Grief comes in waves.
- Find places and times where and when you can have agency and control
- Set aside 10 minutes every day to “worry”. Save all your worries for that time.
- Stay connected with family members and other positive people.

Check out Dr. Lakshmin’s Facebook group: COVID-19 Maternal Wellbeing.
## RELIABLE AND TRUSTED SOURCES OF INFORMATION

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<tr>
<th>NATIONAL INSTITUTES OF HEALTH</th>
<th>CENTERS FOR DISEASE CONTROL AND PREVENTION</th>
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<tr>
<td>The NIH has published <a href="#">Coronavirus Disease 19 Treatment Guidelines</a> to inform clinicians how to care for patients with COVID-19. The Guidelines contain <a href="#">Special Consideration In Pregnancy and Post-Delivery</a>. Because clinical information about the optimal management of COVID-19 is evolving quickly, the Guidelines will be updated frequently as published data and other authoritative information becomes available.</td>
<td>The <a href="#">CDC WEBSITE</a> is accurate, up-to-date, and easy to understand and navigate. Important pages include:</td>
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<td>• <a href="#">Pregnancy and breastfeeding</a></td>
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<td>• <a href="#">Managing stress and anxiety</a></td>
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### Resources shared by participants during the briefing:

- [iDREAM for Racial Health Equity](#)
- [Candlelit Therapy](#), a culturally-competent service looking to connect Black moms with therapists.
- [NICU Parent Network](#)
- [Raising Resilience](#) specializing in maternal mental health care for African American women
- [MCPAP for Moms](#)
- [Project NICU](#)
- [Mind the Gap](#) report from Postpartum Support International
- [Hand to Hold](#) hosts virtual support groups for NICU parents
- [Black Mamas Matter](#)
- [Perinatal Mental Health Alliance for People of Color](#)
- [National Association to Advance Black Births](#), [Black Birthing Bill of Rights](#)