

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](#)

HEALTHY MOMS STRONG BABIES.

ARE COMMUNITIES OF COLOR DISPROPORTIONATELY IMPACTED DURING THE COVID-19 PANDEMIC?

Thursday
April 16, 2020
2:00 P.M. EDT

Join us for a live, moderated panel discussion to hear the latest news on how to cope during this time if you are expecting.

TUNE IN ON FACEBOOK LIVE @MARCHOFDIMES

STACEY D. STEWART
Entrepreneur
March of Dimes

TATYANA ALI
Actor, Actress
March of Dimes Celebrity Ambassadors

DR. TORIE COMEAUX-POWERS
Chief Clinical Operations
March of Dimes Clinical Research Institute
Assistant Professor in OB/GYN, Cleveland
Institute
Laboratory and Community Science

DR. HUGH E. MIGHTY
DeWitt-Dodd Professor
College of Medicine
Vice President of Clinical Affairs

DR. DONALD WARNE
Member and Assistant Dean,
Dorland Distinguished Professor,
Professor of North Carolina School
of Medical and Health Services
Member, National Board of
March of Dimes

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

NATIONAL INSTITUTES OF HEALTH

The NIH has published [Coronavirus Disease 19 Treatment Guidelines](#) to inform clinicians how to care for patients with COVID-19. The Guidelines contain [Special Consideration In Pregnancy and Post-Delivery](#).

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.

CENTERS FOR DISEASE CONTROL AND PREVENTION

The [CDC WEBSITE](#) is accurate, up-to-date, and easy to understand and navigate.

Important pages include:

- [Pregnancy and breastfeeding](#)
- [Managing stress and anxiety](#)
- [Inpatient obstetric care management](#)



[MMHLA'S coronavirus "hub"](#) includes information about

- Policies around labor, delivery, and breastfeeding
- Ongoing studies recruiting pregnant and postpartum women
- Research into COVID-19 and pregnancy / postpartum
- Resources for new mothers and mothers-to-be, as well as healthcare providers who treat them

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**