

MENTAL HEALTH CARE PACKAGE

FOR PREGNANT AND POSTPARTUM WOMEN
AND FAMILIES



Prepared by:
MCPAP forMoms

2020

<https://www.mcpapformoms.org/>

HELPFUL LINKS

National Suicide Prevention Hotline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

Crisis Text Line

Text HOME to 741741

<https://www.crisistextline.org/>

MBHP ESP Directory

<https://www.masspartnership.com/pdf/MBHPESPDirectory.pdf>

Postpartum Support International

PSI Hotline: 1-800-944-4773

<https://www.postpartum.net/>

Massachusetts Substance Use Helpline

1-800-327-5050

<https://helplinema.org/>

National Domestic Violence Hotline

1-800-799-7233

<https://www.thehotline.org/>

Parental Stress Line

1-800-632-8188

Free & Confidential 24/7

The Women, Infants, & Children (WIC) Nutrition Program

1-800-942-1007)

<https://www.mass.gov/wic-information-for-participants>

One Tough Job Resource Finder

<https://onetoughjob.org/resource-finder?sectionId=10&entry=6&ages=73>

Safety Planning in COVID-19

<https://interface.williamjames.edu/sites/default/files/Safety%20planni%20ng%20during%20COVID%2019.pdf>

Mass 211

Dial 211 for health and human service resources

<https://mass211.org/>

The Journey Recovery Project Resources

<https://journeyrecoveryproject.com/resources/>

FOR MOTHERS AND FAMILIES

Relaxation and Mindfulness

Diaphragmatic Breathing:

“This is an exercise that uses cues your body to interrupt the fight or flight mode and instead switch on our rest and digest mode.”

Mindful Breathing:

“Sometimes, just bringing awareness to our natural cycle of breathing can help get us out of our minds and into our bodies.”

Progressive Muscle Relaxation:

“This special way of flexing and relaxing our muscles helps release pent up stress and tension.”

Smallest Enjoyable Activity:

Identify small, simple enjoyable activity to fully experience mindfully (shower, painting nails, doing art, brushing hair, etc.)

Mother and Infant Support Groups

MA Support Groups

<https://interface.williamjames.edu/ppd-support-groups>

Online Postpartum Support

https://doc.google.com/document/d/1zMlIK0Z-LjLe-%20k4CYbw5fzRMT2_IS0iZCKBGxzH13_0/edit

APPS

Covid Coach

https://www.ptsd.va.gov/appvid/mobile/covid_coacg_app.asp

Meditation Apps

headspace

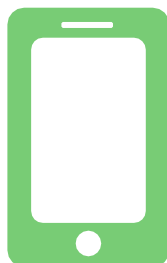
<https://www.headspace.com/>

Calm

<https://www.calm.com>

Insight Timer

<https://insighttimer.com>



FOR MOTHERS AND FAMILIES

CONTINUED

Family Resources

Child Mind Institute: Supporting Families during COVID-19

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

MCPAP for Moms Resources for Families

<https://www.mcpapformoms.org/Resources/ParentAndFamilySupports.aspx>

Virtual Play Group

<https://onetoughjob.org/blog/2020/03/massachusetts-virtual-parenting-support-groups-and-playgroups-during-covid-19>

MCPAP Mental Health Care Package (COVID-19)

<https://www.mcpap.com/pdf/MentalHealthCarePackageFinal.pdf>

COVID-19 Daily Schedule for Children

COVID-19 DAILY SCHEDULE

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Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

FOR PROVIDERS

CDC: COVID-19 Pregnancy and Breastfeeding

https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fpregnancy-breastfeeding.html

ACOG Clinical Guidance: Novel Coronavirus 2019 (COVID-19)

<https://www.acog.org/clinical/clinical-guidance/practice-%20advisory/articles/2020/03/novel-coronavirus-2019>

WHO: Q&A on COVID-19, Pregnancy, Childbirth and Breastfeeding

<https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-%20childbirth-and-breastfeeding>

Patient-Centered Care for Pregnant Patients during the COVID-19 Pandemic

<https://s3.amazonaws.com/cdn.smfm.org/media/2279/homebirth.pdf>

Society for Maternal Fetal Medicine COVID-19 Clinical Guidance

<https://www.smfm.org/covidclinical>