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PMH Connect, English, Full Color

Sara W. Moyer

Virginia Commonwealth University, moyersw@vcu.edu

Patricia Kinser

Virginia Commonwealth University

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Let's talk about it. Your experiences are important.
The goal of screenings are to connect with
validation, support, and care.

Not ready to talk right now? The resources and
connections below are available anytime.

Perinatal Mental Health (PMH):

emotional health & wellbeing during pre-conception/planning, pregnancy, postpartum, and parenting.



More info and resources

PMHconnect.org

Connect with online content, podcasts, websites and more: *available on your terms, anytime.*

- Not just **depression**, perinatal mental health (PMH) symptoms can include a range of feelings and emotions related to **stress, mood, anxiety, depression, rage, scary or intrusive thoughts, overwhelm, irritability, and more**
- **1 in 5** people experience these symptoms, you are not alone
- Not just **postpartum**, these symptoms can appear any time during pregnancy and the first year after your birth and beyond
- **Experiences** such as loss, birth experiences, experiences of disrespect/discrimination/racism, or neonatal intensive care (NICU) may increase the likelihood of experiencing symptoms
- **You don't need a diagnosis or a certain score for care and support-** see the links below to connect with someone
- Sometimes symptoms can be hard to recognize in ourselves, if you are **feeling "off" or "differently than your normal"** please discuss with someone

FREE, CONFIDENTIAL SUPPORT & RESOURCES

National Maternal Mental Health Hotline*



Call or text: 1-833-TLC-MAMA



(1-833-852-6262)

Connect with a professional counselor for support and understanding *right away, available 24/7*

**available for you or your loved ones*

Postpartum Support International Helpline



Call or text: 1-800-944-4773



Trained volunteers will listen, answer questions, offer encouragement and connect you with local resources.



www.postpartum.net

Connect with information, online groups, and more.

National Domestic Violence Hotline

Call: 1-800-799-SAFE (7233) TTY 1-800-797-3224

Text: START to 88788

Please reach out right away for the support and information you need to be safe.

GET CARE - find a trained *perinatal mental health provider* near you



Postpartum Support International (PSI) directory of providers

Scan code or go to:

psidirectory.com



Care within your community, connect with providers of color

Scan code or go to:

psidirectory.com/provider-of-color-poc

Don't wait, if you are experiencing symptoms or would like to talk to someone about how you are feeling connect with care right away.

Ask about options, phone or video chat visits may be available!

If you are in crisis:

Suicide & Crisis Lifeline
Call or text: 988

