

PERINATAL MENTAL HEALTH AND COVID-19

RESOURCES FOR A BETTER WELLBEING

RESOURCES

Websites

GENERAL INFORMATION- PREGNANCY AND COVID-19

- <https://www.ncbi.nlm.nih.gov/books/NBK200790/>
- <https://maternalmentalhealthalliance.org/news/mmha-members-offer-reassurance-amid-coronavirus-outbreak/>
- <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>
- <https://mailchi.mp/maternityaction/urgent-update-covid-and-maternity-rights>
- www.nationalperinatal.org/COVID-19
- <https://www.rcog.org.uk/coronavirus-pregnancy>
- <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

GENERAL INFORMATION- MENTAL HEALTH AND COVID-19

- <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapseba3ec>
- <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- <https://maternalmentalhealthalliance.org/resources/mums-and-families/>
- <https://www.time-to-change.org.uk/coronavirus>

SPECIFIC DISORDERS

- <https://maternalocd.org/resources/>
- <https://ihv.org.uk/news-and-views/news/new-parenting-through-coronavirus-covid-19/>

TIPS FOR WELLBEING

- It is **normal** to feel more anxious given that these are abnormal circumstances
- Check **how much information helps** to feel informed and when it is better to switch off. **Limiting media time** can help to not feel overwhelmed
- Focus on the aspects that you **can control** (protecting yourself and others) instead of what you can't control (length, future, hospital resources...)
- Try to keep a **routine and healthy habits** (enough sleep, healthy eating, a bit of exercise...)
- **Stay connected** (digitally) with your loved ones and those in similar circumstances
- **Voice your needs** and ask professionals if something is worrying you
- Take time to do **what you want to do** (prepare the things for the baby, organize your home..) but also take time for doing **what does you good and helps relaxing** (reading, yoga, games, movies..)

BE KIND TO YOURSELF, YOU ARE DOING THE BEST YOU CAN

- <https://www.bipolaruk.org/blog/coronavirus-advice-for-pregnant-women-with-bipolar-disorder>
- <https://www.birthcompanions.org.uk/pages/103-covid-19>
- <https://www.app-network.org/news/postpartum-psychosis-covid-19/>

Apps

GENERAL WELLBEING APPS WITH RESOURCES

- <https://insighttimer.com/> - free
- <https://www.headspace.com/> - ten first days (introduction) free
- <https://www.smilingmind.com.au/> - free
- <https://www.calm.com/> - free
- <https://www.happify.com/> - free
- <https://themindfulnessapp.com/> - free
- <https://www.aurahealth.io/> - free
- <https://www.tenpercent.com/> - free

Telephone Helplines

- **The Sanctuary: 0300 003 7029** 6pm-1am - Offer a space to talk and support with coping after an initial crisis with issues such as anxiety, panic attacks, depression or suicidal thoughts.
- **Crisis Point: 0161 238 5149**. This is a short-term residential mental health service for people suffering mental distress aged 18 and over and living in Manchester or have a Manchester GP.
- **GMMH Out of hours crisis line** for current users of Greater Manchester Mental Health NHS Foundation Trust who use Manchester services is **0161 922 3801** 5pm – 9am.
- **Samaritans: 0161 236 8000** (local call charges apply) or 116 123 (free to call). Open 24 hours a day. They offer confidential emotional support. This can be by telephone, email, letter and face to face for people in distress.
- **Saneline: 0300 304 7000**. Open 4.30pm – 10.30pm every day. They provide emotional support and information.

Draw on skills that you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during this challenging time