

The Perinatal Experiences And COVID-19 Effects (PEACE) Study

Perinatal (Pregnancy and Postpartum) Resources

Prevention

For up-to-date information on best practices pertaining to COVID-19 prevention and well being, please visit the [Centers for Disease Control and Prevention \(CDC\)](#) or the [World Health Organization \(WHO\)](#).

COVID-19 FAQs for Pregnant and Postpartum Women

- [Q&A on COVID-19 and Pregnancy and Childbirth](#) (World Health Organization)
- [Pregnancy and Breastfeeding](#) (Centers for Disease Control and Prevention)
- [Coronavirus \(COVID-19\), Pregnancy, and Breastfeeding: A Message for Patients](#) (The American College of Obstetricians and Gynecologists)
- [COVID-19 and Pregnancy FAQ](#) (Brigham and Women's Hospital)

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Mental Health

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or [chat here](#).
- [Women's Mental Health Services](#) (Brigham and Women's Hospital)

Stress Management

- [Mental Health during the COVID-19 Outbreak](#) (World Health Organization)
- [Coping with Coronavirus Anxiety](#) (Harvard Health Blog)
- [Stress and Coping with COVID-19](#) (Centers for Disease Control and Prevention)

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Perinatal Virtual Support Groups

- [PSI Online Support Groups](#) are led by trained facilitators:
 - Perinatal (Pregnancy & Postpartum) Mood Support Group, Pregnancy Mood Support Group, NICU Parents, Military Moms, Pregnancy and Infant Loss
- [Greater Boston Area Virtual New Parent Groups](#) (MGH Center for Women's Health)
- [PSI Facebook Group](#): Join the PSI Closed Facebook group to find support and encouragement from other parents, who may be going through similar experiences.

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Postpartum Resources

Postpartum Support International (PSI) HelpLine

The PSI HelpLine is available to moms, dads, and families, or anyone who may be looking for resources to help a loved one. Call 1-800-944-4773, or text message 503-894-9453 (English) or 971-420-0294 (Español).

- [PSI Coordinators](#): Local PSI coordinators can help find resources and referrals in your area, including referrals to teletherapy resources.
- [PSI Chat with an Expert](#): During these weekly sessions, you can connect with other moms and dads, and talk with a PSI expert about resources, symptoms, options and general information about perinatal mood and anxiety disorders.

Breastfeeding

- [Breastfeeding Advice during the COVID-19 Outbreak](#) (World Health Organization)