

Mental Health Resources for Mom

Everyone reacts differently to stressful situations. Fear and anxiety about a disease, overwhelm due to an uncertain timeline or future, and isolation can cause strong emotions in adults and children.

People with preexisting mental health conditions should continue with their treatment plan, and be aware of new or worsening symptoms. Those who do not have a preexisting condition, or have completed a treatment plan, may find this time triggering. The following are resources and ideas for self-support.

Emergency services:

- UNI Crisis line: 801-587-3000

Non-emergency talk services:

- Talk to another mom on the Postpartum Support International National Helpline: 1-800-944-4773
- Intermountain emotional support line: 833.442.2211

For a mom looking for a Utah-based support group, therapist, or other provider type:

- Visit: maternalmentalhealth.utah.gov – The resources listed offer online services (you'll see a button in the top right corner of the provider if they offer online services). This means they do therapy online, or offer support groups online.
- Free Utah-based support group, every Thursday through St. Mark's. 10:00-11:30am, Meeting ID: 625 927 491, password: momsmatter (Download WebEx meetings on phone or other device, and type in the above information to join)

Social Media Support:

- This facebook groups is specifically for moms, and will keep them company during a virtual walk: <https://www.facebook.com/groups/WalkTheBlueDot>
- Moms United through COVID-19 Facebook group: <https://www.facebook.com/groups/807461376434750>

Online Support Groups (free, national):

- Peer-led support group: <https://www.thebloomfoundation.org/mom-support-group/>
- Free MomsWell support groups for expecting and new moms: <https://getmomswell.com/vsg/>
- Other perinatal support groups: https://www.supportgroupscentral.com/topic_detail.cfm?cno=22
- More online support group meetings (including NICU group, military group, and general pregnant/postpartum groups): <https://www.postpartum.net/get-help/psi-online-support-meetings/>

- Support groups for pregnancy and postpartum, along with people in recovery, and providers providing support for moms: <https://grouppeersupport.org/gps-upcoming-events/>

Self-help tips to deal with anxiety:

- Four tips from mental health first aid, with an awesome infographic (attached): <https://www.mentalhealthfirstaid.org/2018/07/how-to-deal-with-anxiety/>
- Stress and coping tips: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html
- Pregnancy, Breastfeeding, and Caring for Young Children during COVID-19: 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
- Living with a mental illness during COVID-19: <https://mhanational.org/living-mental-illness-during-covid-19-outbreak-preparing-your-wellness>
- March of Dimes webinar series on COVID-19 for healthy moms, NICU moms, communities of color, and bringing home baby: <https://www.youtube.com/playlist?list=PLN0BCjq-YUqZTkI2R4FqZdUEcyHJzh00Y>
- The Motherhood Collective series of YouTube videos: <http://www.themotherhoodcollective.org/tmc-covid-19-home>



4 SELF CARE TOOLS FOR LIVING WITH ANXIETY
MENTAL HEALTH FIRST AID USA

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RELAXATION TRAINING
tensing and relaxing various muscle groups can help someone voluntarily relax.
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EXERCISE
getting up and moving for 30 minutes a day (think walking, jogging or lifting weights) can help mitigate some symptoms of anxiety.
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SELF-HELP BOOKS BASED ON CBT
books using theories of cognitive-behavioral therapy can help someone work through periods of heightened anxiety.
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MEDITATION
learning to clear your mind through meditation can be a great tool to alleviate anxiety and stay present.


MENTAL HEALTH FIRST AID


source: Mental Health First Aid USA
for more info: [mentalhealthfirstaid.org](https://www.mentalhealthfirstaid.org)

Meditation and mindfulness:

- Insight Timer app – it's 100% free and always will be, which is great. This article outlines the best Insight meditations for moms: <https://myprojectme.com/insight-timer-meditations/>
- A specific guided meditation course for moms on Insight: https://insighttimer.com/meditation-courses/course_modern-mindfulness-for-mothers
- A loving-kindness meditation for moms (you can print this out): <https://www.mindful.org/a-loving-kindness-meditation-for-moms/>
- 10-minute guided meditation on self-care for moms: https://www.youtube.com/watch?v=tSbr6C5rwpQ&feature=emb_title
- One-minute meditation: <https://www.youtube.com/watch?v=F7PxEy5IyV4>

Guided breathing:

- Square breathing: <https://www.youtube.com/watch?v=mgzhKW08bMQ>
- Square breathing for kids: <https://www.youtube.com/watch?v=YFdZXwE6fRE>
- Jelly fish 10-minute guided meditation: <https://www.facebook.com/montereybayaquarium/videos/495169991155930/>
- 4-7-8 Breath: <https://www.youtube.com/watch?v=N02BnHwS5FE>