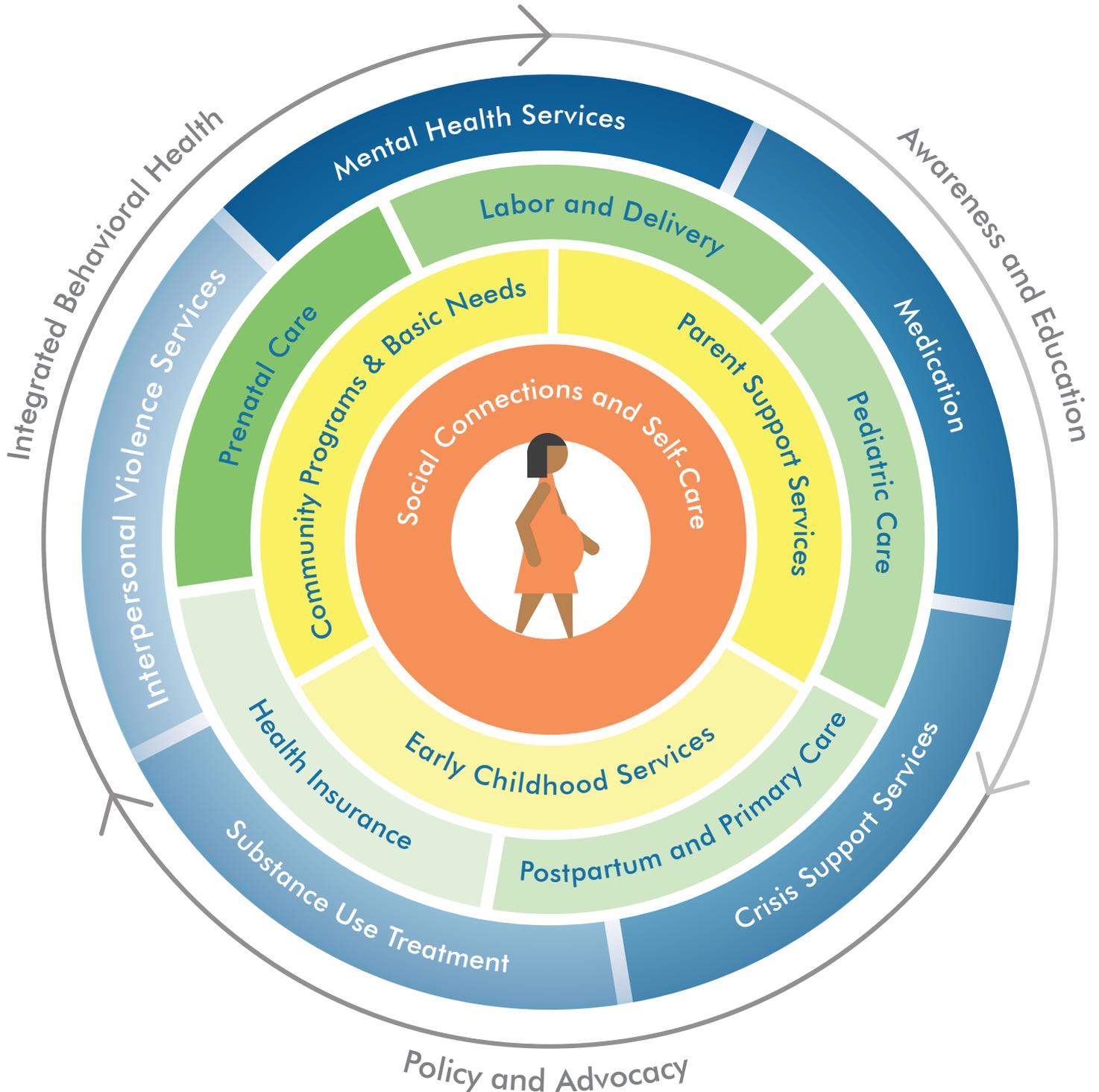


PERINATAL CONTINUUM OF CARE:

Opportunities to support mental health and wellbeing for parents, caregivers, babies, and families during pregnancy and early parenting.

VISION

Our vision is that families in our community are resilient and thriving, with their mental health needs prioritized and met during pregnancy and early parenting. When pregnant parents and families with young children are struggling, we alleviate stress by providing emotional support and connection to additional resources. By committing to support mental health in the perinatal period, we create pathways to family wellbeing.



PERINATAL CONTINUUM OF CARE:

Opportunities to support mental health and wellbeing for parents, caregivers, babies, and families during pregnancy and early parenting.

SHOW SUPPORT & BE AN ADVOCATE

“Perinatal” refers to the time during pregnancy and early parenting, a critical period for promoting mental health and wellness of families in our community. Any contact during the perinatal period is an opportunity to support mental health and wellbeing. Together, we can:

- ✔ **Commit** to playing a role in supporting perinatal mental health
- ✔ **Create** opportunities to educate families about perinatal mental health
- ✔ **Support** perinatal mental health by giving compassionate care at every interaction
- ✔ **Connect** families to community resources
- ✔ **Fight** to eliminate barriers created by stigma, fear and inequities
- ✔ **Implement** enrollment, engagement, and shared decision making processes that work for all families
- ✔ **Advocate** for policies that lift up women, children and families

KEY RESOURCES

All of us play a role in helping families connect with services. For support navigating resources, contact:

- For crisis situations, always start with **Colorado Crisis Services**
Phone: 1-844-493-8255
Text: Text TALK to 38255
coloradocrisiservices.org
- **Postpartum Support International**
Phone: 1-800-944-4773
Text: 503-894-9453
postpartum.net/colorado
- **211 Colorado**
Phone: Dial 211
211colorado.communityos.org
- To learn more:
coloradomaternalmentalhealth.org

CROSS-CUTTING STRATEGIES

- **Integrated Behavioral Health** is the systematic coordination of physical and behavioral healthcare. Integrating mental health, substance use, and primary care services produces the best outcomes and proves to be the most effective approach to health care across the lifespan.
- **Awareness and Education** can be employed across all elements of the continuum of care to reduce stigma and increase families’ ability to recognize, prevent, and address perinatal mental health concerns.
- **Policy and Advocacy** can support and bolster all elements of the continuum of care.



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