

June 2023 Newsletter



Perinatal Mental Health Alliance

of Newfoundland & Labrador

Welcome to our ever-growing Alliance for perinatal mental health!
The Perinatal Mental Health Alliance of NL (PMHANL) aims to enhance awareness and promote care and supports for perinatal mental health across the province.

A Review of World Maternal Mental Health Day 2023

This year's World Maternal Mental Health Day was celebrated in Newfoundland Labrador in various ways, including:

- Flora's Walk (in St. Johns & Carbonear)
- Media Coverage by CBC and VOXM
- Provincial Proclamation signed by the Honorable Tom Osbourne, Minister of Health and Community Services, Gov NL.
- A live feature event "Lived Perspectives -PMHANL Webinar"

Flora's Walk 2023 - Update

Way to go, Team St. John's, on this year's 2nd Annual Flora's Walk for Perinatal Mental Health and surpassing their fundraising goal. A big kudos also sent out to the Carbonear OBS Team, for hosting their first Flora's Walk.

We give our congratulations on a successful event by both teams, and for your efforts in supporting perinatal mental health resources in our province and country.

#FlorasWalk4PMH

Lived Experiences Webinar

The Feature Event, "Lived Perspectives- PMHANL Webinar", took place on World Maternal Mental Health Day on Wednesday, May 3rd. The webinar was introduced by Dr. Archana Vidyasankar, with education session by Karen Clarke, and feature conversation hosted by PMHANL's Ashley Pike with guest speaker, Eddie Sheerr. Our 'Q&A Style' conversation brought forward two unique, individual experiences of perinatal mental health from a maternal and paternal perspective.

Missed the event? No worries! A recording of the conversation can be found on the PMHANL Website.

[Webinar Recording](#)

Celebrating Fathers & Partners on June 19th International Father's Mental Health Day

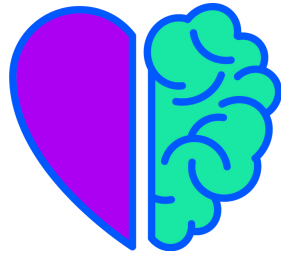
International Father's Mental Health Day

June 19th, the day following Father's Day, is recognized internationally as Father's Mental Health Day. The day was first launched in 2016 providing space to acknowledge issues unique to men and non-birthing partners as they transition to parenthood—including their strengths, difficulties, and needs.

Did you know that 1 in 10 fathers & partners face mental health challenges following the birth of their child? This number increases to 1 in 2, if the birthing mother also is affected by perinatal mood and anxiety disorders.

We encourage you to check out our [Resource Page for Fathers & Partners](#) for supports.

Save the Date: September 13th, 2023 for our 2nd Annual General Meeting



Save the Date!

We will be hosting our 2nd Annual General Meeting on **September 13th, 2023 at 7pm** (NFLD Standard Time). This meeting is open to all PMHANL Members to attend.

Stay tuned for more information to come. We look forward to sharing with you the work of the Alliance in the 2022-2023 year, and exciting opportunities arising for the upcoming fiscal year.

In the Research...

Association of Antenatal COVID-19-Related Stress With Postpartum Maternal Mental Health and Negative Affectivity in Infants

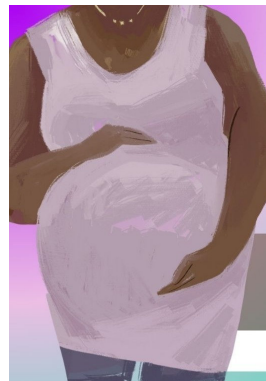
Schweizer et al., 2023

Published to the JAMA Network in March 2023, this study investigates the impact of COVID-19 stress on perinatal outcomes.

Authors used data from 3 countries to find a significant association between antenatal COVID-19-related stress with postpartum maternal mental health and infant negative affectivity.

To read the full text, click the link below:

[Full Text](#)



Feature of the Month: Momma Moments

Momma Moments

The Momma Moments Program, delivered through Choices for Youth, is a peer-to-peer support and strengths-based group for young parents or pregnant mothers. Momma Moments currently operates in St. John's and Conception Bay South, where groups meet once a week for programming that emphasizes overall wellness. Young mothers have access to healthy recreational activities, as well as resources and discussions on topics of family building, income supports, mental health, education, nutrition, and more.

Did you know? Over the past year, Momma Moments have supported over 84 moms & 128 children, and provided over 1100 meals!

Looking to be a part of the Momma Moments Program?
Referral form can be found, [here](#)

[Momma Moments Referral Form](#)

Resources

If you, or a loved one, are experiencing struggles with your mental health during the perinatal period, know that you are not alone. Please check our [Resource Page](#) to find what supports are best for you.

Do you or your team have an event coming up related to Perinatal Mental Health? Let us know! We would love to share more updates from our community on our website and through newsletter! Email pmhanlconnect@gmail.com with your information.

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