

April 2023



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.

Visit our Website

Let's Stay Connected!

## World Maternal Mental Health Week: April 29th-May 7th 2023

This year's World Maternal Mental Health Week will be taking place April 29th - May 7th.

The PMHANL will be hosting virtual events on World Maternal Mental Health Day (May 3rd 2023).

**Stay tuned as we announce more details in the coming weeks!**

### Flora's Walk - Save the Date!

April 30, 2023 | 2:00pm Newfoundland Island Time

Local Perinatal Mental Health advocates, Jamie Green and Stephanie Ryan, have joined together to host the **St. John's 2nd Annual Flora's Walk for Perinatal Mental Health**.

Mark your calendars! This year's event is set to take place on **Sunday, April 30th, at 2:00 pm at Quidi Vidi Lake, St. John's NL.**

In 2022, over 30 participants joined together to raise over \$2500 for perinatal mental health advocacy, education and resources in Newfoundland Labrador and across Canada.

To join the St. John's, NL Team and begin fundraising efforts, please visit the CPMHC website:

<https://floraswalk.ca/stjohns>

To follow the event details on Facebook, check out:

<https://fb.me/e/2HvQUc5Jc>

**#FlorasWalk4PMH**



1st Annual Flora's Walk, May 2022

## Opportunity for Engagement: Research Exchange on Perinatal Mental Health

Join us via Zoom for the first Research Exchange Meeting on Perinatal

## Mental Health in NL

*"Building Momentum for Perinatal Mental Health Research in NL with Dr. Archana Vidyasankar"*

**April 19, 2023 | 2:30pm- 4:00pm Newfoundland Island Time**

This meeting will provide an opportunity for researchers and practitioners, students, and community partners to meet to develop momentum for research and programming related to perinatal mental health, work that can inform both the PMHA and the new provincial Perinatal Mental Health Task Force.

To RSVP, please email Rochelle Baker - [rochelle.baker@med.mun.ca](mailto:rochelle.baker@med.mun.ca)

[Zoom Link](#) has been connected below.

Zoom Link to Event

## In the Research...

### Examining the gaps in perinatal mental health care: A qualitative study of the perceptions of perinatal service providers in Canada

Published in the Frontier Global Women's Health in March 2023, this Canadian Study had over 400 Canadian Perinatal Health Care providers responded to a survey, shining light on three main gaps in perinatal service delivery:

1. Gaps in care for marginalized groups;
2. Gaps and supports in community settings;
3. Policy and larger systemic considerations.

Check it out!

<https://doi.org/10.3389/fgwh.2023.1027409>

*"This study found that the most profound barrier to adequate perinatal mental health care is the lack of coordinated national guidelines for perinatal mental health care."*

## Feature of the Month: Mothers of Avalon



### Mothers of Avalon

A non-for-profit organization, set to provide support and aid to struggling Parents and Caregivers on the Avalon Peninsula of Newfoundland and Labrador.

Some programs and services include Karma Collection (emergency basic-needs resources), Cleaning Services, Lactation Consulting, Play Group, MOA Markets, Back to School Hampers, and more!

Interested in lending a hand to support the struggling parents in our community? MOA are currently accepting volunteers.

For more information please contact:

Mothers of Avalon Website

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 our Resource Page to find what supports are best for you.

Perinatal Mental Health Supports

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](mailto:pmhanlconnect@gmail.com) with your information.

This email is being sent to you because you had expressed interest in the work of the Perinatal Mental Health Alliance of Newfoundland and Labrador. If you are not interested in receiving future emails from this group, please unsubscribe below.

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