



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 30th - May 6th, 2023



Flora's Walk 2023

The **St. John's 2nd Annual Flora's Walk for Perinatal Mental Health** is happening tomorrow,

**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, donate, fundraise, and learn more about Flora's Walk, please visit the CPMHC website:

<https://floraswalk.ca/stjohns>

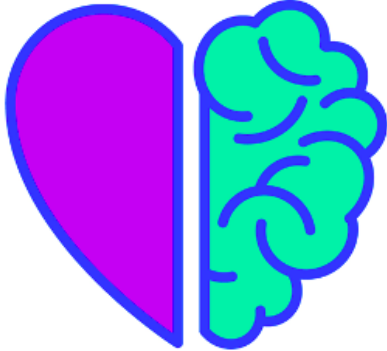
To follow the event details on Facebook, check out:

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

#FlorasWalk4PMH



World Maternal Mental Health Day Feature Event: *Lived Perspectives*



Registration open!

May 3rd 2023 is World Maternal Mental Health Day (WMMHD).

The PMHANL invites you to join us for a feature WMMHD event, *Lived Perspectives*, hosted by PMHANL Board Member Ashley Pike with guest speaker, Eddie Sheerr.

May 3rd, 2022 via Zoom
7:00pm - 8:00pm Newfoundland Island Time

Join us for an evening of live learning, listening and sharing, in celebration of World Maternal Mental Health Day.

Register Now

More ways to participate...

Call on the United Nations to recognize World Maternal Mental Health Day

Sign the petition calling on the World Health Assembly and the UN World Health Organization to officially recognize World Maternal Mental Health Day (WMMH Day), to be commemorated annually on the first Wednesday of May.

Sign the Petition



#worldmmhday
#maternalmhmatters
#StrongerTogether

In the Media..

Mom, advocacy group want more open conversations about N.L. parents' mental health issues

Check out CBC NL's interview with Mother, Krista Burton, and our Chair, Dr. Archana Vidyasankar, both advocating for increasing awareness and reducing barriers to care.

"There are, for so many reasons, a lot of challenges — access to care, especially in our province — that are creating these higher numbers." - Dr. Vidyasankar

Recognizing Midwives



The International Day of the Midwife is May 5th, 2023.

We take this opportunity to recognize the work and contribution of midwives to maternal and newborn care, here in NL & across the globe.

For more information on Midwifery Care in NL, check out www.cmnl.com

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 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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