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parental mental health toolkit

employee resources



All the answers to your employees' mental health questions, in one place.

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how to stay connected to loved ones while practicing social distancing



Social distancing is one of the most important tools we have to prevent the spread of the coronavirus. But keeping apart from friends and family who live outside your home can cause a great deal of distress — many of us are really missing our loved ones right now. Even though you can't be physically present with these loved ones in quite the way you'd like to, there's still a lot you can do to stay connected.

Distance but don't avoid

Even though you're engaging in social distancing, this doesn't mean that you need to disengage completely from other people. In fact, isolating yourself can often increase your anxiety. We are social beings — even introverts — and continuing to find connection and foster a sense of community with others can help us all get through this tough time. Do what you can right now to stay connected to people in other ways, even if you can't be physically close.

Take advantage of tech

Video calling is easier than ever, thanks to smartphones, apps, and other online digital tools. Sometimes it can make all the difference to be able to speak with loved ones face-to-face in this way.

And there are so many other ways you can use tech to connect beyond video calls, many of which you probably use already. You can use social media to share interesting articles, photos, or funny videos. You can also keep a text thread or email chain going with a group of friends or extended family and share everything from favorite recipes to silly memes.

You can also explore new creative ways to connect. Many video games or other online games have community play options that allow you to connect from afar, so you could have a gaming night with loved ones. There are also a number of apps and browser extensions that allow you to stream movies together, even from afar. If you have the time and are feeling especially motivated, you might even find that you'd like to connect with friends and family in more project based ways — like by sharing an online document and working on a writing project together, doing the same with digital film or another art form, or building a website or video game together.

Even using simple online tools, like group video chat, to host a book or recipe club can be fun. You might find that connecting in new ways can help make the distance a little more bearable.

And if you have little ones, teach them to use tech to connect with loved ones too. Older kids can connect with friends and family in many of the ways listed above (they might even understand how to play video games online with friends or make and send a short video to a family member even better than you do), but little ones have lots of options as well. You can have a loved one read books to your little one over a video call or hold a larger video call with your child's friends so they can have a virtual dance party, play pretend, or have a tea party together. There are a lot of options for kids to maintain their important relationships too.

Send a special message or gift

There are so many ways we can use tech to be in touch with loved ones instantly. But another way to let a loved one know that they're in your thoughts is to send a special message or gift in the mail. This is especially nice when all the digital communication gets a bit exhausting.

Consider sending a card or a handwritten note via snail mail, or if you have kids send along a picture they drew. You can also arrange to have a small gift sent to your loved one — maybe something entertaining for a person who has a lot of free time right now (like a puzzle or a book), something useful for parents and kiddos spending an unprecedented amount of time at home (like a self-care gift box or a new toy to keep busy, respectively), or something that can bring almost anyone joy (like food or flowers). You can even put together a virtual “care package” of sorts by creating a curated list of a few goodies that you think your loved one would like and then sharing it by text or email. You could include a new movie to stream, an album, a virtual tour of a state park or art museum, a new recipe, a video or digital photo album — even just a couple of items you think they'd appreciate can make for a really thoughtful gift.

If you've ever received a special piece of mail or an unexpected gift, you know how delightful this can be. Your loved one will feel so glad to know that you're thinking of them, and you'll think of them fondly when putting the surprise together — it's a special way to stay connected from afar.

Get outside

Restrictions vary widely across the U.S. right now — some areas are beginning to loosen restrictions while others are tightening them — but certain safety measures meant to prevent the spread of COVID-19, like social distancing from people who don't live in your household and wearing a mask, are still recommended all over. Assuming that you are strict about wearing a mask and keeping 6 feet of distance between you and anyone you don't live with, you may be able to meet your loved ones in person outdoors.

To figure out if this is a safe option, there are some other important details you'll want to keep in mind too. Maintaining social distancing and avoiding crowds is much easier with one other person than with a large group. And because the coronavirus can live on surfaces for hours or even days, it's best to engage in activities that don't involve touching any shared surfaces — like chairs, food serving items, or sports equipment. This means activities like taking a hike or going for a bike ride are much safer than having a picnic or throwing a frisbee.

If you have children, consider whether or not they'd be able to actually engage in safety measures, like wearing a mask and maintaining social distance, when you're deciding whether or not socializing outside is an option for your family.

Set a date to connect

Plan in advance when you'd like to connect with your loved one, whether that's by chatting on a video call or talking and walking outside at a distance together. Whether the pandemic has made your life busier than ever or left you with a lot of free time on your hands, it can be helpful to know when you'll connect so it doesn't fall by the wayside. And if you have a lot less going on these days, it's just as good to know when you'll have plans. You can even set up a recurring day or time to connect — maybe a weekly video call with a sibling or a once a month digital trivia night with friends — to have something to look forward to as you continue to make staying connected a priority.

Reach out, even if that's new for you

The pandemic has changed so much, including the ways we socialize. Maybe you never would have thought to arrange a digital game night with friends before, or you usually wait for your grandmother to call you. But being proactive about staying in touch and finding meaningful ways to connect is important for us all right now. You may want to be especially aware of reaching out to loved ones who live alone, older individuals, and folks who you know are feeling particularly lonely or stressed right now — even just a regular old phone call can be incredibly meaningful. If reaching out regularly in these ways feels new to you, or a little awkward, know that a little effort can go a long way in helping to keep the social support groups in your life strong. And once you connect, chances are, you'll be so glad that you reached out.

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how to manage stress and anxiety during the coronavirus



Managing stress and anxiety in normal times can be difficult enough. With additional stressors suddenly part of many of our lives — the coronavirus outbreak, participating in social distancing, closures across the U.S., and mounting financial concerns — it's normal and expected to have an increase in your stress and anxiety. Because of these changes, it's important to take care of yourself and your mental health during this time. Many people have been experiencing changes in routines, schedules, and social interactions, which may make it more difficult to engage in activities or strategies that normally help them cope with stress or anxiety. Here are some things you can do to help manage stress and anxiety during this challenging time:

1. Talk it out

Talking to friends and family members can be helpful. However, it can sometimes increase our own anxiety. Use your judgement here, try to stay connected to them and stay informed, but not overly engage in conversations that make you feel anxious.

As you search for a provider, ask if they are seeing people virtually. Many therapists, psychologists, psychiatrists, and other mental health professionals, are attempting to move to teletherapy during this time. In addition, insurance companies have been allowing for teletherapy even when this may have been denied prior. It's worth asking your therapist about it or calling your insurance company to advocate for this service if it's not currently covered by your plan.

If you haven't been seeing a mental health provider, it could be a helpful time to start. Many people have been seeking out the help of a mental health provider at this time to help them manage their stress and anxiety. This is a unique time, and so it might be a good idea for you too.

2. Limit your exposure to the news

News stories are everywhere you look right now, on TV, social media, at the grocery stores — everywhere. While it's important to be informed, it is also important to not be constantly flooded by information. Find a few reliable sources— such as the Centers for Disease Control and Prevention's (CDC) [website](#) — for coronavirus, and maybe one more news source to rely on, and Commit to checking it just once per day, for a limited amount of time. Asking a friend or family member to contact you if there is a major update can be helpful in knowing that if there is something of immediate importance that you should know, you can know that you'll be updated but don't have to continuously check other sources to stay up-to-date.

3. Stick to a schedule

Try to get up at the same time you normally would, get dressed and ready for the day (even if it's in comfy clothes), and eat meals at normal times during the day. Consistency and routine are important in a time where we may not have much control of other things that are going on in the world right now. This can also be helpful if you have others, particularly children, who live with you. As important as it is to stick to a schedule, it's also important to have some down time. If you are working from home, it might be tempting to continue to work all hours of the day and night to increase your productivity to the level it was at before the outbreak. If your children are doing any version of remote schooling, it might be tempting to try to catch up on work after they have gone to bed. But these aren't normal times, and you need to give yourself a break. Engaging in unstructured down time is helpful to be able to meet your needs and the needs of others.

4. Exercise, move, and care for your body

Exercise is a great way to relieve stress. But since many gyms and group exercise classes are still closed or limited, you may not have access to some of your normal activities. However, there are many fitness organizations that are offering free or low cost classes, sessions. You may find that your gym has started offering online versions of classes or adapted in some way as well.

Not into exercising? Caring for your body in other ways is helpful too. Going on a walk around the block (while you continue to engage in social distancing and stay 6 feet away from others), putting on your favorite music and dancing around the house, stretching, breathing, meditating, practicing mindfulness, eating well, and avoiding alcohol and drugs are all helpful right now. There are also several apps that are offering free or low cost services right now to assist people with breathing, mindfulness, and meditation during this time.

5. Distance, but don't avoid

Social distancing is a great way to keep yourself and others healthy and safe right now. But it does not mean that you need to disengage completely from other people. In fact, isolating yourself can often increase your anxiety. Humans are social beings — even introverts — and continuing to foster a sense of community and connection with others can help us get through this time. Do what you can right now to stay connected to people. So check in with family, friends, and colleagues with a phone call, text, or video chat.

6. Self-care goes a long way

Self-care looks different for everyone, and what works for one person may not work for another. It's important to know what self care looks like for you during this time and to know that just because you may not be able to engage in what self care usually means for you, that doesn't mean something else won't work. Some ideas for self care can include meditation, mindfulness, or taking a bath. You can also watch your favorite movie or

a new show, listen to a podcast or audiobook, soak in a favorite album, read a book, or journal. You can make time to play board games, cards, or another activity with loved ones. You can even set aside a planned time to worry — “It makes sense that I am worried right now, but I am focusing on being present with my family. I will think about this worry again later at 2pm.” The list could go on. Find a few things that work for you. You might also check out more ideas on the Ovia Health Daily Self Care Checklist (can we add a link here?)

Again, it’s entirely normal to feel stressed during this difficult time. Many of us are doing our best to adjust to this new normal, but it isn’t easy. Take the steps you can to help manage your own stress and anxiety to stay as healthy and happy as can be. You’ll get through this.

7 strategies for getting started with a meditation practice



The actual practice of meditation isn't necessarily easy, but getting started can be. What this means is that if you're interested in making meditation a part of your day — and meditation can improve your quality of life and well-being, so it might not be a bad idea — there are plenty of ways to dip your toes into the practice. Here are just a few ways to get started.

1. Focus on your breath

Close your eyes, breathe, focus on your breath, and when your mind starts to wander (which it likely will), try to return to that focus on your breath. Getting started with meditation can really be as easy as breathing deeply, and breathing deeply, and breathing deeply again.

2. Set a timer

This is a great strategy for people who are intimidated by getting started or who are having trouble finding the time. Set a timer on your phone (and make sure it will end with something like a soft chime versus that cringe-inducing stereotypical alarm sound), and focus on just trying to do the thing for that set length of time — five minutes, ten minutes, twenty minutes, whatever works for you. Chances are even if you find the first few minutes uncomfortable, you'll be able to work through that discomfort and then ease into the rest of your time.

3. Find your happy place

For many people, even the idea of just focusing on breath can be intimidating, with thoughts of bills to pay or dinner to make flooding what they imagine should be an otherwise serene headspace. Sometimes what is meant to be peaceful can feel stressful, but one meditation you can do that's really pretty positive? Imagining your happy place. Thinking of a place that makes you feel calm and happy (either a real or imagined place) in great detail - including what it looks like, sounds like, smells like, feels like - and breathing as you do so can help to bring you calm and focus.

4. Connect it to movement

Maybe the idea of sitting still makes your skin crawl. If that feels really tough for you, maybe you'd rather do some sort of a moving meditation, such as breathing deeply as you do yoga, running as you repeat a mantra, or taking a walk on your lunch break while you listen to a guided meditation.

5. Focus on your body

Doing what is called a body scan can be a wonderful way to feel calmer by the end of just a single session. This style of meditation involves sitting or lying somewhere quiet and scanning your body for stress and tension. You can go body part by body part, moving head to toe, taking note of where you seem to be holding tension, and then focusing on trying to release it before moving to the next body part. Some people will even try to tense and then release each part as they scan. Breathe as you go - maybe even try to breathe out the tension - and by the end, you may be surprised how much tension you've released.

6. Get some guidance

If you feel like you want a bit more guidance to get started, it could be really meaningful to take a class and let an expert talk you through a meditation session. If you want to do this from the comfort of your home, you can even find guided meditations on a number of apps or YouTube. It may take you a few tries to find something that feels like the right fit, but when you do, you'll have someone to guide you through the practice. You don't have to go it alone.

7. Find a time and build a ritual

Especially helpful for folks who are feeling much too busy, this can help connect a meditation practice to other normal parts of your day — like finding a moment for meditation when in the shower or while brushing your teeth, while riding the train or while sitting in your car before stepping into work, while on your lunch break or in bed at the end of the day. Building the practice into your other routines and rituals can make meditation a regular part of your life.

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what you should know about isolation-induced depression



Things are tough right now, in many different ways for different people. Social distancing, and the need to stay away from family, friends, and loved ones has taken a toll on many people's mental health. Being socially distanced in this way can cause a great deal of loneliness, and sometimes it can lead to feelings of isolation, or even isolation-induced depression. Here's what you should know to try to care for your mental health.

Loneliness and isolation

Loneliness and isolation aren't the same thing, but they are related.

Loneliness can happen to anyone. Certainly, loneliness can often be a problem for people who live alone or don't have a lot of social contact — in other words, folks who are isolated from others. But people who live with others or who socialize plenty can still feel lonely — it's more about feeling alone than it is about actually being alone. Loneliness is really about feeling unsatisfied with the connections you have to other people or feeling isolated from other people, even if they're all around you.

Isolation is less about feeling alone, and really more about being alone. Isolation is when there is a lack of social contact between yourself and others. For some people who prefer to spend a lot of time alone, this may be a choice. For others, it may be less of a choice. And certainly, right now many people are finding that in order to stay safe during the pandemic they have little choice but to not be engaging socially as they normally would. As a result, many people may be feeling rather isolated right now. And often social isolation can lead to loneliness.

So given the state of the pandemic it may come as no surprise that a lot of people might be isolated and feeling lonely right now. But where does depression enter the picture?

Isolation-induced depression

Sometimes social isolation can lead to loneliness. And this can sometimes, in turn, lead to depression. So social isolation can be a risk factor for depression. It's also not uncommon for people who are depressed to feel lonely and withdraw from social interactions, which can make depression worse. All of these factors

interact in complex ways.

But just because someone is feeling lonely that doesn't mean that they're depressed. And just because someone is isolated, like many folks may be right now, that doesn't mean that they're depressed. To help you identify if you or someone you know might be depressed, here is a list of common symptoms of depression:

- **feeling sad, down, or empty**
- **feeling anxious, irritable, angry, agitated, or restless**
- **feeling hopeless, helpless, worthless, guilty, or pessimistic**
- **feeling tired, drained, or fatigued and moving or talking slowly**
- **having trouble concentrating, focusing, making decisions, or remembering things**
- **having trouble sleeping, waking up too early, or oversleeping**
- **experiencing aches and pains, headaches, or digestion issues**
- **changes in appetite or weight**
- **losing interest and having trouble finding pleasure in things you normally like, from hobbies to daily activities**
- **behaving recklessly**
- **experiencing suicidal thoughts or attempting suicide**

If you're experiencing any of these symptoms, you should seek out help from a mental health professional to get the help you need.

How can you try to protect your mental health

If you're not experiencing any symptoms of depression, but do find that you're feeling lonely or isolated right now, you might be wondering if there's anything you can do to help protect your mental health.

Certainly, even though you may need to stay socially distanced from people, keep in mind that the goal there is to be physically distant from others — there's still a lot you can do to stay connected, even while apart. From video calls, to playing online games together, to watching movies, to keeping a text thread going, to virtual book clubs or trivia nights or other similar group meetings, there are so many ways technology can help you stay social with loved ones. And depending on where you live and your risk factors, there may be outdoor activities you can do safely — like taking a walk outside, with a mask, while properly socially distanced, and while taking other safety precautions.

And certainly if you are wondering what sort of feelings of loneliness are normal or if you're just struggling with isolation or any other changes the pandemic has brought on, it can be a great idea to speak with a mental health professional, even if you don't think you're depressed. This is a tough time, and there's a lot a mental health provider can do to help you make it through.

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where can parents find mental health support?



Prioritizing mental health care is always an important aspect of overall well-being, and it can be a lifeline during particularly challenging times. The coronavirus pandemic has caused new stressors in all of our lives, and you might find that you'd like to reach out to a mental health professional for support. Because there are a lot of options to consider, a search for the right option for you can feel overwhelming — especially if you're already not feeling your best. So where to start?

Figure out what type of mental health provider you'd like to work with

Different mental health specialists have different areas of focus, educational backgrounds, and training experience, so finding the right fit for you might take a few tries. A fundamental distinction between mental health providers is those who provide therapy and counseling and those who can prescribe medication.

- **Specialists who can provide therapy and counseling:** clinical psychologists, clinical social workers, marriage and family therapists, mental health counselors, licensed professional counselors, certified alcohol and drug abuse counselors, pastoral counselors, school psychologists, and more; occasionally psychiatrists provide therapy too, though this isn't common
- **Specialists who can prescribe medication:** psychiatrists and psychiatric or mental health nurse practitioners; in a few states and territories psychologists can prescribe medication too

Mental health treatment may or may not include medication. Some people do really well just working with a therapist, and others do better with a combination of therapy and medication. You'll need to work with a provider to figure out what will be most beneficial for you.

If you're at a loss and really not sure what sort of a provider would be best for you, **you can always ask your regular healthcare provider for guidance** — your primary care provider, OB/GYN, or midwife, really whoever you feel most comfortable starting the conversation with. It's important to speak with them honestly, but if you don't feel like they give you especially helpful feedback, know that it's not your fault — these sort of care providers simply aren't mental health specialists. That's why it's so important that you move beyond your regular healthcare provider and **work with a mental health professional who can offer specialized care.**

Check with your health insurance

Your healthcare coverage will likely be a factor when selecting a provider. By law, health insurers are required to provide the same level of coverage for mental health conditions as they do for physical conditions, but in practice, the ways they offer this coverage can feel complicated.

If you have insurance, reach out to your insurer to get a clear understanding of the mental health care treatment options covered by your plan.

Many insurers have an **online directory** that you can search through to find a list of healthcare providers in your area who are covered by your insurance. Many insurers also have a special **mental or behavioral health phone line** that you can call to be connected with a provider in your insurance network who might be a good fit.

Look into these details right away as your mental health coverage might be different from one location or provider to the next. If you have a preferred specialist in mind, call that provider's office to ask directly about what kinds of insurance they take and the cost of services. And if they're not accepting new patients, you can always ask them for a referral to another practitioner in your area.

If you don't have insurance, you still have options

Many providers — including teaching hospitals and training institutes or government-funded community health centers — offer **low-fee or sliding scale services** that can make getting treatment possible even without insurance. If you're in school, school counselors and student health centers can also be a great place to get started.

Some search tools you can use

- The **National Institute of Mental Health** provides a number of links to resources with searchable provider directories.
- The **Substance Abuse and Mental Health Services Administration** provides a searchable behavioral health provider directory.
- The **American Psychiatric Association** has a “psychiatrist finder” tool.
- **Psychology Today** has a “therapist finder” tool.
- For pregnancy and postpartum support, **Postpartum Support International** has a helpline and a database of local resources.
- The **American Society for Reproductive Medicine** has a searchable database to find mental health professionals who specialize in reproductive health and fertility support.
- You can also visit your state or county's government website and search for the health services department.

When you can expect to speak with a provider

It's not unusual for it to take a little while to hear back from a provider normally, and right now, since many providers are in high demand because of the coronavirus outbreak, the process of getting started may take a little longer. So **reach out to several providers**.

Once you do hear back and decide to move forward with a particular provider, know that it may also take a little while to be seen for your first appointment. But once you are, you can then expect to speak with your provider weekly or every other week — find a rhythm that works for you both.

One final thing to keep in mind when working closely with a therapist: **not every therapist will be a good fit for you.** Therapists know this, and they want to be sure that their clients' needs are being met. So if you start working with a provider who doesn't feel like a good fit, don't get discouraged. If you're comfortable, ask them for a recommendation for another therapist or keep looking on your own. There is a provider out there who will be a good fit for you.

What you should know about telemedicine

Because of social distancing imposed by the coronavirus outbreak, many mental health care providers are now offering telehealth options, where you can **speak with a practitioner over the phone or on video chat.** And studies suggest that talk therapy through telemedical channels are just as effective as talk therapy in person. This means you can start working with a mental health professional now to get the support you need, even if you can't leave home.

What to do if you need help right now

For more short-term or emergency situations, helplines and emergency phone lines are available to provide support at any time, like:

- The **National Suicide Prevention Lifeline** (1-800-273-8255 or online chat)
- The **Disaster Distress Helpline** (1-800-985-5990)
- The **Crisis Textline** (text HOME to 741741)

If you, or someone you know, ever feels unsafe in their relationship, there is help. The National Domestic Violence Hotline is available 24/7 by phone, text, or live chat:

- To reach them by phone, call 1-800-799-7233
- If you are unable to speak safely, you can go to [thehotline.org](https://www.thehotline.org) and click the "Chat Now" button for a live chat on their website
- And finally, you can access the text line by texting "LOVEIS" to 22522

Reach out for immediate help if you need it.

Start your search today

This is a challenging time for so many of us. It's entirely normal to need some help right now. We hope that you'll commit to starting your search for a mental health provider today so that you can be one step closer to getting the support that you need — you deserve it.

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how to ask your friends and family for help



“Reach out” might be some of the most common and most frustrating advice to get when you’re depressed, or struggling with another mental health concern, since the very nature of mental illness can make reaching out feel impossible. The other people in your life are going to have an impact on how you feel and how you relate to the world whether you reach out to them or not - and when you’re having a hard time, the people who love you most are going to want to help you out. Wanting to doesn’t mean they’ll know how, though, and it’s also possible that you won’t know exactly what they can do, either.

Ways family and friends can help

Whether you open up the conversation or they do, there’s a good chance that, if you’re having a hard time, at some point, a friend, family member, or partner, will ask you what they can do to help. When figuring out an answer to that question, here are a few thoughts to keep in mind.

- **Start strong:** If you’re having trouble opening up a conversation about mental health when you’re having trouble, it can be helpful to try to have that first conversation about your mental health, and the support you might find most helpful, on a day when you’re already feeling pretty good. This can mean starting a conversation yourself, or asking someone who offers to help on a bad day if you can wait to have that conversation later. It can be tempting to just enjoy good days when they come, and not bring up bad days during this time, but having a conversation when you’re feeling better can help you feel more in control, and can help you reflect back in a more useful way.
- **Set a check-in:** If one of the things you struggle with in managing your mental health is following treatment plans, or sticking to lifestyle changes (like changes to your sleep schedule or exercising regularly), setting up check-ins with family, friends, or your partner, can be a great way to make sure you give your treatment plan the commitment it needs. Setting this up with the people in your life yourself, and choosing who to talk to about it, can help you maintain control and agency in your own treatment. More than that, if you don’t want to talk about the why, you can still benefit from the support of the people in your life just by involving them in your new routines - say, by setting up a weekly jog with a friend.

- **Have them do the research:** Yes, communication with the people in your life is important, but that doesn't mean it's your job to teach a course on mental health to each important person in your life. In some cases, it can feel cathartic for the person dealing with a mental illness to talk about the details of that illness, but for those who don't feel like this kind of conversation is helpful, it's totally reasonable to ask a family member, partner, or friend to do some of their own research.
- **Take care of themselves:** Partners, family, and friends can be put under extra stress when they have a loved one with mental health concerns or mental illness. If you're usually one of the people someone in your support system turns to and you're struggling at the moment, they may end up struggling as well. If a family member or friend wants to support you, it's important that they also get the support they need, whether it's their own family or friends or a therapist.
- **Trust you:** Dealing with mental health concerns can feel disempowering, but your loved ones shouldn't contribute to that feeling. You're the person who knows the most about how it feels to live your life, and even when mental illness is having an impact on the way you act and the things you feel, you're still the authority on your feelings and needs. Sometimes family members and friends who offer support when a loved one is having a hard time can forget that, so it's never a bad idea for the important people in your life to be reminded.

Mental health support during pregnancy

Pregnancy can be a stressful time for anyone, and for people already facing mental health concerns, it can add strain in areas that are already stressed. Pregnancy involves physical and hormonal changes unlike during any other time in life, and it's not always possible to predict the impact those changes will have on mental health, even in the most physically healthy of pregnancies. On top of the physical changes associated with pregnancy, parents-to-be face all the stresses of adding a new person to the family. During an emotionally-charged time like pregnancy, it's especially important to feel supported by the people in your life when it comes to your mental health and well-being.

This support may involve emotional support from friends and from family members, who may feel invested in the way your family may grow. But when you're pregnant or parenting with a partner, it's especially important to feel supported by them and to stay on the same page about what your growing family needs. What this means will be different for every family. One family may need something as simple as a basic check-in about how you're both feeling or what you're worrying about, while another family might benefit from something more involved, like talking to a relationship counselor to make sure you're both feeling confident and united about your parenting journey.

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About the author, Paige Beauchemin, RN

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Paige Beauchemin is a registered nurse with over a decade of experience in the Maternal Child and Perinatal Mental Health space, including antepartum, labor and delivery and postpartum care. She started her career as a massage therapist, specializing in fertility, pregnancy and infant massage. She earned a Bachelor's degree in Psychology from Chatham University in Pittsburgh, PA, and completed her nursing education at the University of Pittsburgh Medical Center Shadyside School of Nursing.

Paige has experience in both inpatient and outpatient settings, from high risk to birth center care. She has facilitated innovative relationship based maternity programming for low income women, taught a variety of childbirth and newborn care classes, and engaged in extensive community outreach to bring awareness to perinatal mental health. Prior to her work at Ovia Health, she assisted a large medical system in their implementation of comprehensive Reproductive Psychiatric services for all maternal patients.

Paige currently serves as the Director of the Ovia Health Digital Coaching team, while also raising 3 young children. She is passionate about Maternal Child and Perinatal Mental Health and looks forward to any opportunity to raise awareness, provide education, and improve outcomes for all moms and families.

About Ovia Health

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