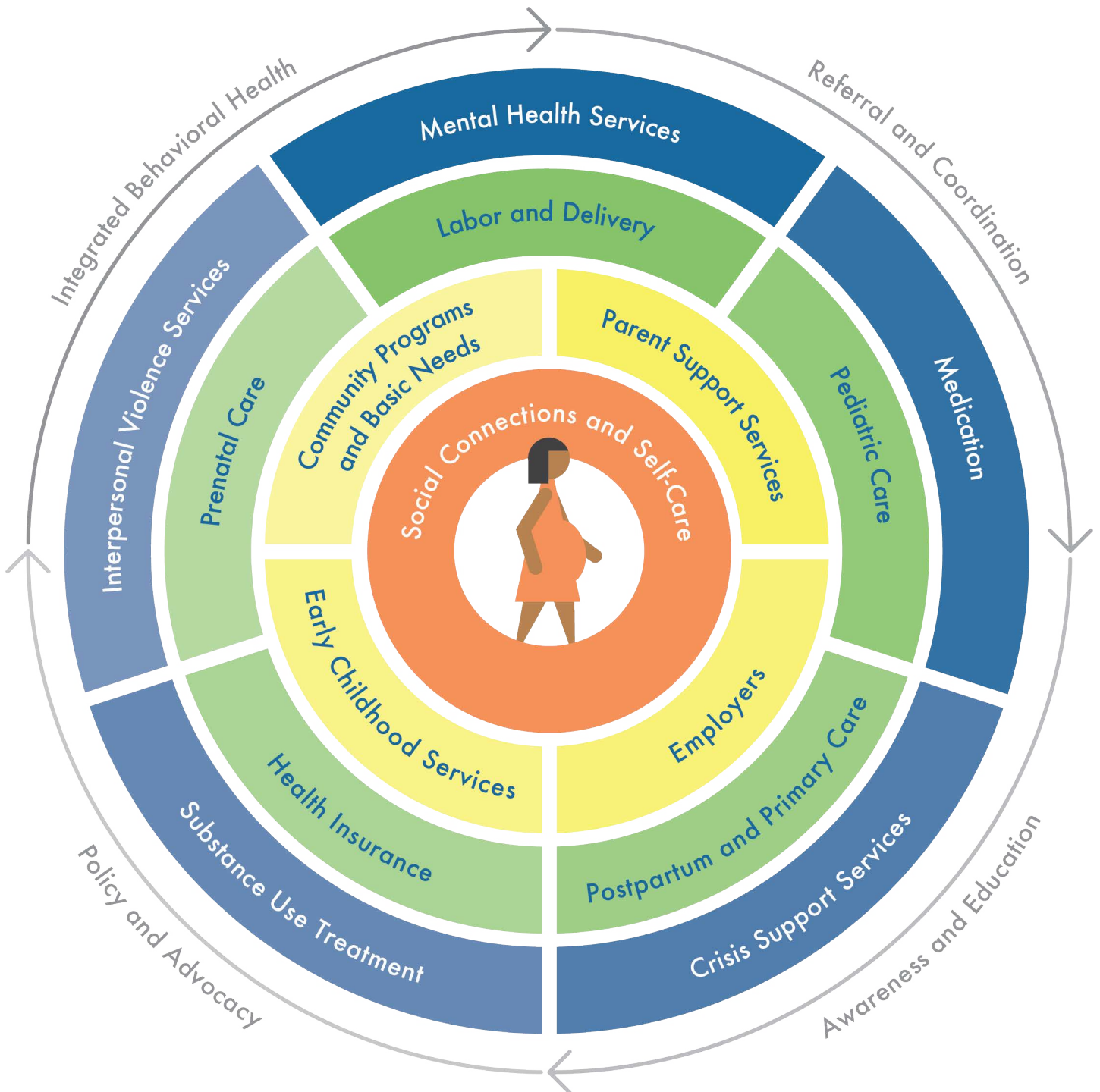


# PERINATAL CONTINUUM OF CARE:

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](http://coloradocrisiservices.org)
- **Postpartum Support International**  
Phone: 1-800-944-4773  
Text: 503-894-9453  
[postpartum.net/colorado](http://postpartum.net/colorado)
- **Parents Thrive Colorado**  
[www.parentsthive.org](http://www.parentsthive.org)
- To learn more:  
[coloradomaternalmentalhealth.org](http://coloradomaternalmentalhealth.org)

## CROSS-CUTTING STRATEGIES

- **Integrated Behavioral Health** is the systematic coordination of physical, behavioral, and psychosocial wellbeing. Integrating mental health approaches into other service sectors improves families’ access to support and proves to be the most effective approach to health care across the lifespan.
- **Referral and Coordination** is the process of identifying family needs, being familiar with and aligning community resources, and coordinating with families and services to assure connection.
- **Awareness and Education** can be employed across all sectors to reduce stigma related to perinatal and increase families’ ability to recognize, prevent, and address perinatal mental health concerns.
- **Policy and Advocacy** is the process of identifying problems and potential solutions and communicating them with decision makers in a position to act.

The Perinatal Continuum of Care was developed by the Perinatal Mental Health Action Network (PAN), a regional collaboration convened by the Maternal and Child Health Programs at Denver Public Health and Tri-County Health Department. Members of PAN represent health care systems, community mental health, local public health agencies, policy advocates, and people with lived experience. PAN is aligned with the Colorado Maternal Mental Health Collaborative ([www.coloradomaternalmentalhealth.org](http://www.coloradomaternalmentalhealth.org)) which is managed by the Colorado Perinatal Quality Care Collaborative ([www.cpcqc.org](http://www.cpcqc.org)). PAN implements the Programs and Services strategy area and focuses on the goal to create a comprehensive, inclusive, and responsive continuum of care (Developed 2019, updated 2021).