MMH Treatment during COVID-19

Meeting moms where they are
In Their Own Words…

- Isolation
- Hyper-vigilance
- Overwhelmed
- Intrusive Thoughts
- No Control
Isolation
Hyper-Vigilance
Overwhelmed
Intrusive Thoughts
No Control
Effects of COVID-19

- Isolation
- Hyper-Vigilance
- Overwhelmed
- Intrusive Thoughts
- No Control
Treatment

- Individual Therapy
- Peer Support
- Medication Evaluation
Pivoting to meet moms where they are right now during COVID-19

- Telehealth therapy
- Face to face video platform for medication evaluation
- Zoom led peer support groups
- Zoom led group art therapy
- Facebook Live mom/baby education
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