

# The Colorado Perinatal Mental Health Project

Come as you are.  
Find the community we all need.

## Our Mission

To transform Colorado into a state where every mother, birther, and family has access to quality, affordable mental health support by connecting families to resources, raising awareness, and offering opportunities for training and support for those who provide care.

## Perinatal mental health

peri-na-tal men-tal 'helth' 

: A broad term that encompasses mental health challenges that moms, birthers, and parents experience leading up to parenthood and through pregnancy and their child's early years.

## What we offer



### The Birth Squad

A community of therapists and peer support specialists who are holding space for moms and birthers in their postpartum year. Join a support group today!



### The Colorado Chapter of Postpartum Support International (CO-PSI)






Access to resources for moms, their families as well as scholarships and professional development and networking opportunities to providers in Colorado.



### Building mental health and birthing equity

Because we know that women and birthing People of Color (POC) are twice as likely to experience perinatal mental health challenges as white women.

## Get involved today!

-  Visit our website: [www.copmhp.org](http://www.copmhp.org)
-  Sign up for our newsletter
-  Follow us on Facebook: @copmhp
-  Follow us on Instagram: @copmhp
-  Email us at [hello@copmhp.org](mailto:hello@copmhp.org)

