

Ready to COPE

An e-newsletter providing timely, relevant information to pregnant women and new mothers



Ready to COPE is a free e-newsletter providing perinatal women with timely, relevant information about their emotional and mental wellbeing.

What is Ready to COPE?

The National Perinatal Mental Health Guideline recommends that all pregnant women and new mothers have access to trustworthy and high-quality information about their mental health.

Ready to COPE provides women with insights, comfort and strategies for coping as well as information on when and how to get help if needed.

Key features of Ready to COPE

- Digital and sustainable way to distribute/access high-quality information
- Completely portable
- Can be viewed on any device
- Contains links to getting help, fact sheets and the content in all prior emails
- Completely free and confidential
- All content is underpinned by the Guideline
- Provides continuous access to trustworthy, evidence-backed information
- Can be instantly updated to reflect latest research and feedback

Key themes and benefits:

- Emphasis on and information to help set realistic expectations for motherhood
- Empowering and comforting without judgement
- Strategies to help cope through difficult times and emotions
- Education around possible signs of stress, anxiety or depression in themselves or others
- Understanding of why, how and when to seek help
- Reassurance that the reader is not alone in her feelings

With funding from the Commonwealth Government, COPE will be translating Ready to COPE into 10 different language and will adjust those versions to reflect appropriate cultural issues. COPE will also develop a version of Ready to COPE for Aboriginal and Torres Strait Islander perinatal women.

How can women can sign up?

Women can sign up for free at www.readytcope.org.au. To sign up, a woman provides her name, email address, postcode and expected date of delivery (if pregnant) or the date of her baby's birth (if postnatal). From there, she will receive a welcome email followed by fortnightly emails that correspond to her current perinatal status (emails arrive more frequently in the immediate weeks after baby is born).

All information provided is kept completely confidential.

Promoting Ready to COPE in your setting

By encouraging women to sign up to Ready to COPE, health professionals are ensuring that women are provided access to timely emotional and mental health information that can help them understand and be prepared for the range of emotions and challenges they may experience.

To support uptake in healthcare and/or community settings, you can access promotion resources under [Resources for Healthcare Providers](#) at ReadytoCOPE.org.au. A small poster is also provided in the Guideline companion documents that you can print, laminate and hang in your setting.