

# COPE

Centre of Perinatal Excellence

## Applied Skills in Perinatal Mental Health Assessment and Care



### LESSON NOTEBOOK

Module 2 | Lesson 2

Psychosocial Interventions



Module 2: Lesson 2  
Psychosocial Interventions



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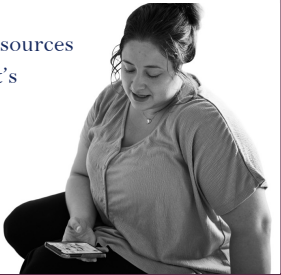
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Alternatives

- Seeking non-professional resources
- Gain understanding of what's involved in parenting



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Lesson 2 Overview

1. Social support
2. Home-based interventions
3. Other health professionals
4. Integrative interventions

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Psychosocial Interventions

- Empower client in own healthcare
- Perceived less costly
- Perceived less negative impacts

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Social Support



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Social Support

- Many modalities
  - Face-to face
  - Online
  - Telephone
  - SMS/Messenger
  - Apps



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Types of Psychosocial Support

- Support groups
- Peer support specialist

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MAMA Tribe



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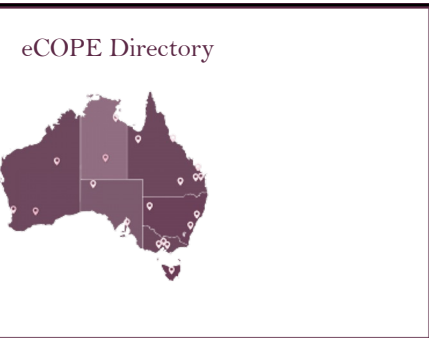
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**Peer Support Specialist**

*“The provision of emotional, appraisal and informational assistance by a created social network member who possesses experiential knowledge of a specific behaviour or stressor and similar characteristics as the target population.”*

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**Social Support**



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**Types of Psychosocial Support**

- Support groups
- Peer support specialist
- Warmline/hotline
- Online/technology-based support
- Social media support
- Financial planning

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**Financial Planning**

- Adjustment to maternity leave
- Increase in costs of new family member
- Adjusting to changes in living costs and standards
- Communication around finances
- Control of finances within relationship

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**Types of Psychosocial Support**

- Support groups
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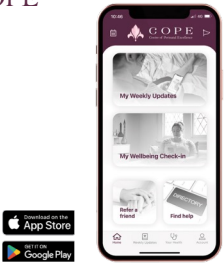
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**Ready To COPE**

- **Free** App/e-Guide
- Weekly updates
- Psychoeducation
- Preventative strategies
- Wellbeing check-ins
- Referral pathways



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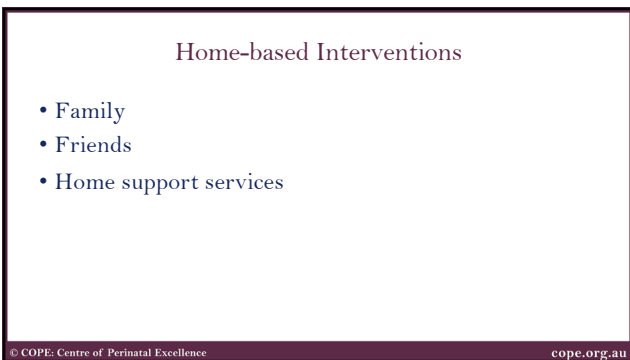
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Other Health Professionals



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Other Health Professionals

- Doula and birth support
- Lactation consultant
- MCHN or Midwife
- Sleep and Settling consultant
- Postnatal care consultant

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**Integrative Interventions**



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**Integrative Interventions**

• Omega-3 Fatty Acids	• Biofeedback/neurofeedback
• SAMe	• Mindfulness/meditation
• Bright Light therapy	• Nutrition
• Herbal treatments	• Sleep
• Exercise	• Bibliotherapy
• Acupuncture	• Web-based (self-guided)
• Yoga & Massage therapy	

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### Complementary Therapies

**Omega-3 Fatty Acids:** Advise women that omega-3 fatty acid supplementation does not appear to improve depression systems but is not harmful to the fetus or infant when taken during pregnancy or while breastfeeding.

**St John's Wort:** Advise pregnant women that the evidence on potential harms to the fetus from St John's Wort is limited and uncertain and that the use of this treatment during pregnancy is not recommended.

**Ginkgo Biloba:** Advise pregnant women that potential harms to the fetus from Ginkgo Biloba have not been researched, and that the use of this treatment during pregnancy is not recommended.

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### Lesson 2: Recap

- Support groups
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- Warmline/hotline
- Online/technology-based support
- Social media support
- Financial planning
- Psychoeducation

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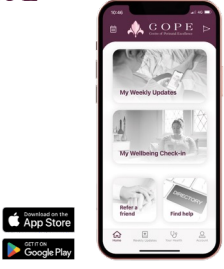
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