



Growing *Hope* Kits

Hello,

Pregnancy and parenthood are exciting but can also be challenging. We are so glad you are here. For those experiencing mental health challenges, you may feel deep pain, especially during a time when you are expected to feel joy. Know that you are not alone and that there is hope for better days.

One in five birthing persons experience mental health issues. While it may seem impossible now, most people recover, and you can too. The world is better with you in it, even if you don't believe that right now. Powerful feelings are temporary, and with help, perinatal mood disorders and suicidal thoughts can be managed. As such, this kit was requested for you by someone at a pregnancy or postpartum program (e.g., clinic, classes, home visits).

We hope you feel the love that went into creating this perinatal Growing Hope Kit. Use it during times of strong feelings or crisis to remind yourself how valued you are. It's courageous to seek help. Our wish is that this kit helps you and your support system navigate life through pregnancy and beyond. The items inside are intended to provide information, coping skills, connections to peers, and community resources, empowering you to hold on in times of darkness.

Add personal items that comfort, distract, inspire, and calm you. Wear your Suspenders4Hope bracelet with pride and show your community you support mental health. Remember, you are not alone, and you are loved.

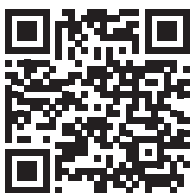
*Peace and love,
Growing Hope Team*

Growing Hope Kits

The Growing Hope Kit includes the following items*:

1. A letter explaining the box and its content
2. A book addressing maternal mental health
3. A Coping Toolkit page with suggestions for coping skills to use during difficult times
4. An activity/coloring book and colored pencils
5. A Perinatal HOPE Card Deck with activities and affirmations to promote mental wellness and parenting skills
6. A bracelet that can be used with a mindfulness exercise
7. A Creating a Safer Home instruction guide with a gun lock and a locking cap for medication
8. A list of perinatal resources
9. An action plan for depression and anxiety around pregnancy
10. A variety of handouts and brochures for services and programs that may be helpful

**Note: Some items use gendered terms. We support all parents and encourage you to use the items that speak to you.*



For more information on the Growing Hope Kit and how to use it, please visit <https://babytalkict.com/growing-hope>.