



# 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.

We hope you feel the love that went into creating this Perinatal Suspenders4Hope 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*

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

