

## Provider Resources, Provider Trainings:

1. Mental Health First Aid

“Mental Health First Aid is an 8-hour course that teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses.”

<https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>

2. Postpartum Support International

“PSI brings together families, communities, and professionals working to support families during pregnancy, pregnancy loss, and the postpartum period. Here you will find information and links to the most current resources and opportunities for education, training, and patient tools.”

<http://www.postpartum.net/professionals/overview/>

3. Maternal Mental Health 101 Webinar by 2020mom

“Learn about the various Maternal Mental Health Disorders, the differences between them, risk factors and treatment options. The course is designed for providers, administrators, and public health employees, though all are welcome. CEUs/CMEs are not available for this event.”

<https://www.2020mom.org/free-intro-to-mmh/>