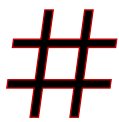


Finding Other Mothers for Peer Support

Connecting with others is an important part of staying well. Here are some tips for reaching out to feel less isolated.



Schedule regular check-ins with your friends or family by phone or text as part of your daily routine.



Join a group activity - that brings mothers together in a way that works with your schedule and transportation options, such as a mothers', spiritual, exercise, or book group



Tell someone you trust if you are concerned about using substances you depend on to cope.



Search for online support group meetings offered by your local Alcoholics Anonymous (AA), Narcotics Anonymous (NA) and other support organizations.



Create a support plan in advance that has the names and phone numbers of the people you can rely on when you are struggling.



research4moms.com

Brandeis

THE HELLER SCHOOL
FOR SOCIAL POLICY
AND MANAGEMENT
Institute for
Behavioral Health

heller.brandeis.edu/ibh/affiliates/mmhrc



[research4moms](https://research4moms.com)



[research4moms](https://research4moms.com)



[research4mom](https://research4mom.com)



linkedin.com/company/25065411

Funded through Patient-Centered Outcomes Research Institute® (PCORI®) Eugene Washington PCORI Engagement Awards (#8285-BU and #EAIN-00147). The views presented here are solely the responsibility of the author(s) and do not necessarily represent the views of PCORI®, its Board of Governors or Methodology Committee. #10 © 2021 MMHRC