In recognition of the importance of mental health to the well-being of women and children, we will use this space to highlight resources for MCH professionals to support their own mental health, as well as the mental health of those they serve. Read more about AMCHP’s organizational work on mental health and substance use here.

February 22nd – 28th is National Eating Disorders Awareness Week! Every Body has a Seat at the Table is the theme of #NEDAwareness 2021, which shines a spotlight on eating disorders by educating the public and spreading a message of hope. Social media tools, infographics, presentations, and other resources that raise awareness, challenge systemic biases, and highlight stories from different backgrounds and experiences are available here nedawareness.org.

Eating disorders can affect people of any age but are most prevalent in adolescent and young adult women. NAMI has resources on treatment and support for those struggling with eating disorders and their families.

ATMCH’s Training the Next Generation of MCH Professionals in Eating Disorders Prevention is an e-module learning tool that engages MCH professionals in real-world dilemmas, problem solving, and teamwork to tackle high-impact issues in eating disorders prevention.

SAMHSA’s National Center of Excellence for Eating Disorders offers resources for individuals, families, and professionals to promote public awareness of eating disorders and eating disorder treatment.

Interested in receiving more information on what’s happening related to mental health/substance use and MCH? Sign-up for the PRISM Digest, our monthly mental health/substance use newsletter, by emailing jcohen@amchp.org, and check out the #AMCHPMentalHealth hashtag on Twitter to find relevant resources and information on mental health for MCH populations.

Have questions or want to learn more? Contact the mental health team at mentalhealth@amchp.org