



**ORANGE COUNTY  
MEDICAL ASSOCIATION**



**FIRST 5  
ORANGE COUNTY**  
CHILDREN & FAMILIES COMMISSION

# Announcing the Release of the O.C. Perinatal Mental Health Toolkit

**June 29, 2020  
6:00 - 7:00 p.m.  
(via Zoom)**



**Description:**

1 in 5 mothers and 1 in 10 fathers in Orange County are affected by perinatal depression and anxiety within their baby's first year of life. As these rates are expected to rise due to COVID 19 related stressors and social isolation, the Orange County Perinatal Mood and Anxiety Disorder Collaborative has compiled resources to help all those working with young families to confidently address the issue. This webinar release will walk users through key components of the toolkit to support their ability to educate, prevent, screen, refer or treat perinatal mental health conditions.

**Speakers:**

**Clayton Chau, M.D., Ph.D.**, Orange County Health Care Agency Director

**Diana E. Ramos, M.D., MPH**, Orange County Medical Association President

**Hoda Shawky, MSN, CPNP, PMHS, IBCLC**, Pritzker Fellow First 5 Orange County

**RSVP:** <https://perinatalmentalhealthtoolkit.eventbrite.com>

**The Zoom link will be sent on June 27, 2020 to those who RSVP.**

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Diana E. Ramos, M.D., MPH  
President  
Orange County Medical Association