

This resource list was compiled for WithinReach’s Learning Series, ***Early Support is Community Care***. The resources below were provided by Tuesday, 5/9 session’s, “Early Mental Health Panel,” panelists: **Rumyana Kudeva** (she/her), **Dr. Nucha Isarowong** (he/him), **Dr. Diane Liebe** (she/her) and **Dr. Meyleen Velasquez** (she/her).

### **Early Mental Health Panel Resources:**

- [Diversity-Informed Tenets For Work with Infants, Children & Families](#)
- [HOPE \(Healthy Outcomes from Positive Experiences\)](#)
- Create a Wellness Plan ([English](#), [Spanish](#))
- Maternal Healthcare Bill of Rights for Black, Indigenous, and People of Color ([English](#), [Spanish](#))
- [PMH Signs and Symptoms](#)
- [Cuidandome: Reflexiones Como Madre](#)