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](#)