

# Social Support

What does it look like?  
Why is it important?



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# What Will You Be Learning Today?

## Social Support During Pregnancy, Birth & The Postpartum Period

What does social support look like?

Why is social support important?





# What is Social Support?

## Definition:

Social support is the belief that **one is cared for**, has help available from other people, and most importantly, is part of a supportive social network.

These supportive resources can be emotional, informational, or companionship; physical or non-physical.





# Social Support "To Be Cared For"



**Partner**



**Family**



**Close Friends**



**Co-Workers**



**Others**



**Doula Support**

# Types of Social Support

P.A.S.S. T.I.M.E.

**P** Physical/Practical Support

**A** Advocacy Support

**S** Self-Esteem Support

**S** Social Network Support

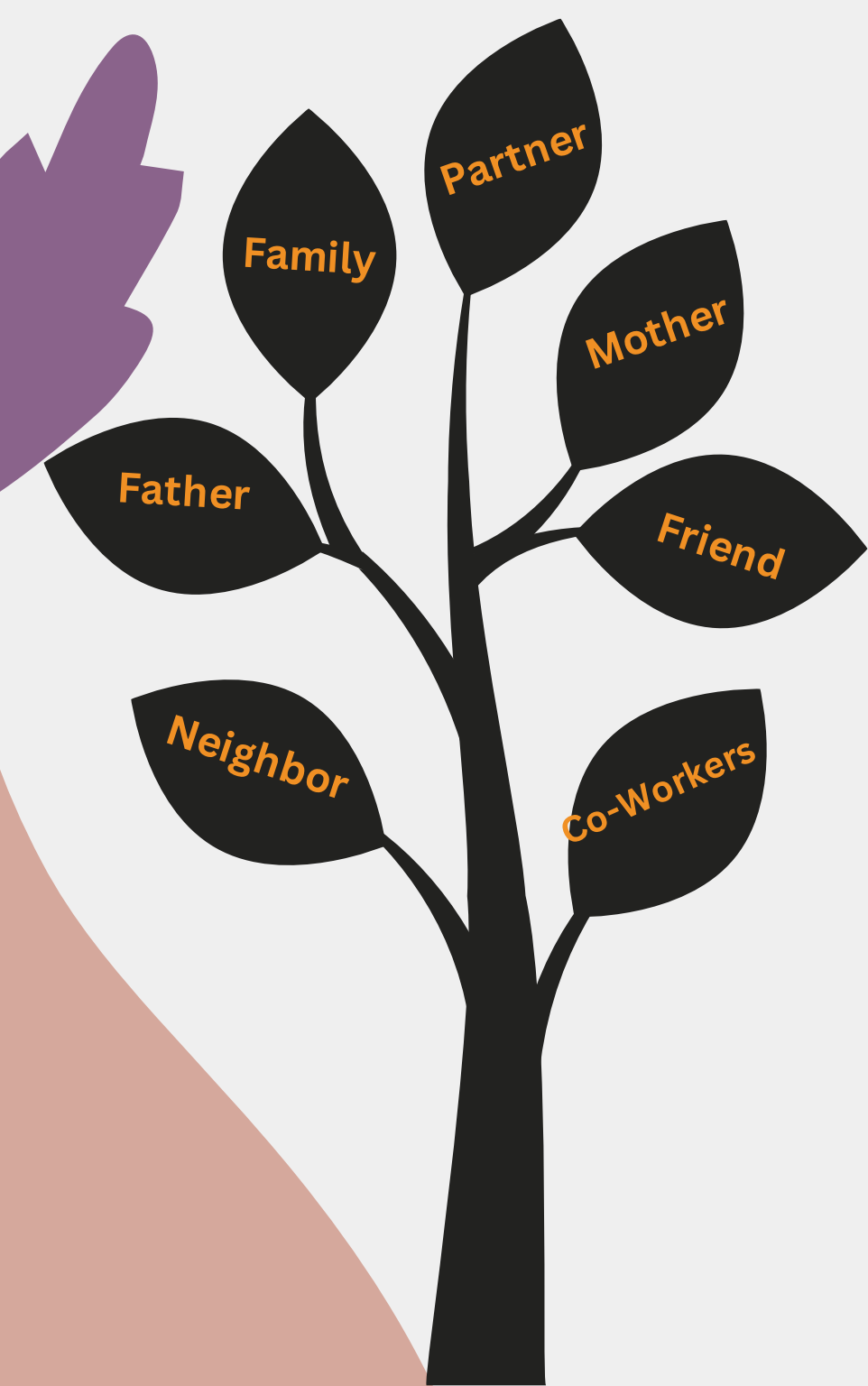
**T** Tangible Support

**I** Informational Support

**M** Mental Support

**E** Emotional Support





# Build Your Village

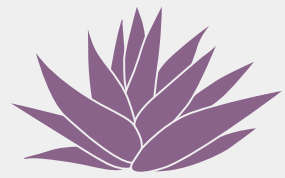
## Interactive Activity Options

- Social Support Tree
- List Support
- *MENTI WordCloud*
- *(virtual)*



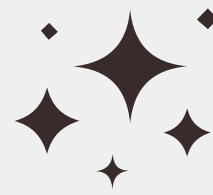
# Benefits of Having Your Village:

- Reduce stress
- Improve emotional state & being
- Less likely to experience perinatal mood & anxiety disorders
- Better birth outcomes
- More likely to breastfeed
- Long term support





# Let's Make The Connection



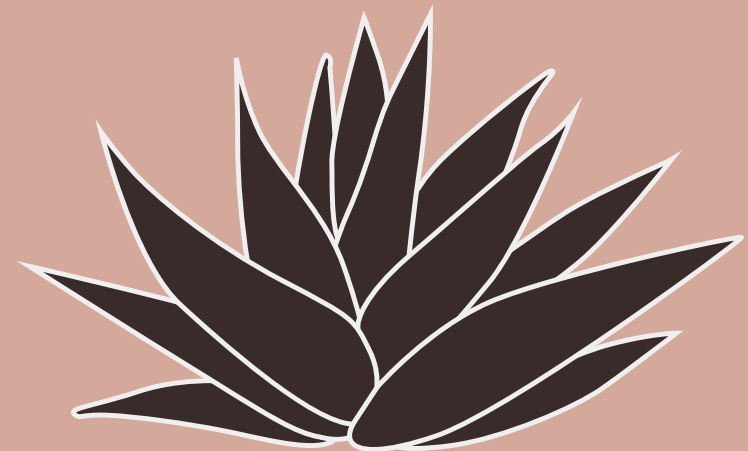
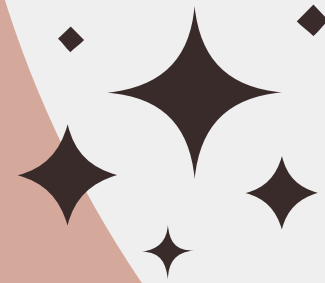
Open discussion about **Perinatal Mood & Anxiety Disorders:**  
The relationship between social support and mental health problems during pregnancy.

## **Link other focus areas:**

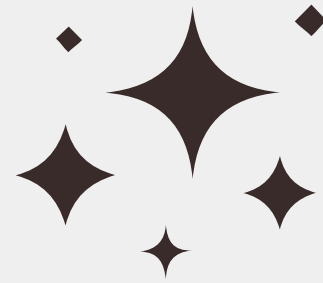
- Mental health/depression
- Cardiovascular Symptoms
- Safety (gun, Intimate partner violence, Living arrangements)
- Opioid/Substance Abuse

# Do you need help building your village?

- Think about the support you need
- Do you need short term or long term support?
- Connect with other parents
- Utilize Well Mama Support Groups
- Seek Professional Help/Guidance
- Practice Vulnerability & Asking for Help



# Let's Talk/CHAT?





# Thank you!

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