



San Diego  
Breastfeeding  
Center, LLC

## PROVIDING VIRTUAL SUPPORT FOR CHEST/BREASTFEEDING FAMILIES

### **Creating a video library for your clients**

Global Health Media project:

[https://globalhealthmedia.org/language/english/?\\_sf\\_s=breastfeeding](https://globalhealthmedia.org/language/english/?_sf_s=breastfeeding)

Loom: [loom.com](https://loom.com)

Vimeo: [vimeo.com](https://vimeo.com)

**Oral assessment video link:** <https://vimeo.com/505004590>

### **Perinatal Mood and Anxiety Resources**

PHA PMADs 101: <https://postpartumhealthalliance.org/pmads-101/>

Postpartum Support International: <https://www.postpartum.net/>

Edinburgh Postnatal Depression Screening:

<https://www.fresno.ucsf.edu/pediatrics/downloads/edinburghscale.pdf>

Implicit Bias Training: <https://blacklegacynow.com/information-for-health-care-professionals/>