

*The Psychology Clinic at Queen's University is thrilled to receive a \$20,000 Bell Let's Talk Community Fund grant to help with the launch of a Perinatal Mental Health Service to support the well-being of new and expecting parents.*

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## **New Perinatal Mental Health Service in development with \$20,000 grant from the Bell Let's Talk Community Fund**

November 4, 2019

**The Psychology Clinic at Queen's University** is thrilled to receive a \$20,000 Bell Let's Talk Community Fund grant to help with the launch of a Perinatal Mental Health Service to support the well-being of new and expecting parents.

“The birth of a child is such an important time of change for families, and like any transition, it can create stress as families adjust both in preparation for, and after the baby's arrival. We also know that parents are at higher risk for symptoms of depression and anxiety during this period,” said Dr. Tess Clifford, Psychologist and Director of The Psychology Clinic at Queen's. “There are no coordinated psychotherapy services for perinatal mental health in our community, so we are excited to help bridge this gap with the Bell Let's Talk Community Fund grant to better support parents and their growing families.”

The Clinic's new program will launch in January 2020, providing evidence-based psychological services to new and expecting parents in Kingston and the surrounding areas. The program will be group-based for the most part, allowing the Clinic to maximize the number of people who can benefit from the services offered, while also allowing parents to support each other. The goal of the project is prevention and early intervention for parent mental health difficulties during pregnancy and postpartum to ultimately support family well-being.

“We believe our services will have a direct impact not only for the parents involved, but also their infants, as we know parental mental health has a huge impact on the well-being of infants and young children,” added Dr. Clifford.

The program will also provide important learning opportunities for trainees in psychology and other mental health fields. This initiative will help build capacity in the Kingston area by increasing the number of professionals trained in supporting parents during the perinatal period.

“Bell Let’s Talk is pleased to support the work of The Psychology Clinic at Queen’s University to help new and expecting parents in the Kingston area with their new Perinatal Mental Health Service,” said Mary Deacon, Chair of Bell Let’s Talk. “This year we are helping over 120 organizations all across Canada on the frontlines of providing access to a wide range of mental health services in their communities, just like The Psychology Clinic at Queen’s.”

For more information about The Psychology Clinic at Queen’s University and the new service, please visit [www.queensu.ca/psychology/psychology-clinic](http://www.queensu.ca/psychology/psychology-clinic)

The Bell Let’s Talk initiative promotes Canadian mental health with national awareness and anti-stigma campaigns like Bell Let’s Talk Day and significant funding of community care and access, research and workplace leadership initiatives. To learn more, please visit [Bell.ca/LetsTalk](http://Bell.ca/LetsTalk).

#### **About The Psychology Clinic at Queen’s University**

The Psychology Clinic at Queen's is a training clinic housed within Queen's University. Our mandate is twofold - to provide clinical training to graduate students in Clinical Psychology, as well as to provide psychological services to the Kingston community, including children, adolescents, adults, and families. Offered services focus on areas of need within the community, and are provided on a sliding scale, where clients pay what they can afford in order to cover some of our operating costs.