Teaching practical skills and launching a support group for postpartum women decreases levels of stress in the 4th trimester.

PPD occurs nationally in 10% of births, with 11.7% of North Carolina women reporting depressive symptoms during the postpartum period.

The confidence and skill set gained through the Infant CPR class will not only ease the anxiety of the fourth trimester by teaching a lifesaving skill but will also contribute to the reduction of Pitt County infant mortality rates.

Virtual Support Group Benefits:
- immediately accessible group
- co-counseling within group
- gaining comfort seeking help
- safe open space for communication
- safe social interactions during the COVID-19 pandemic

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