



FOR IMMEDIATE RELEASE  
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FOR MORE INFORMATION, CONTACT:  
Krystle Gervais, Marketing Director  
13740 Research Blvd., Suite L5, Austin, TX 78750  
Tel: 512-663-1129 or [krystle@handtohold.org](mailto:krystle@handtohold.org)

## Support For All NICU Families

Hand to Hold understands that a high-risk pregnancy, a complicated birth, a NICU stay or the loss of a baby are very traumatic and isolating experiences. As our community navigates uncertainty and stress in the time of COVID-19, this experience is intensified. NICU families are at high risk for postpartum depression, anxiety disorders and PTSD following a traumatic birth, and fears of this dangerous virus compound these risks. It is Hand to Hold's mission to provide comprehensive navigation, resources, and support programs to reduce the negative impact of a NICU stay and help prepare parents to meet the needs of their medically fragile child once home. NICU families need a hand to hold now more than ever.

All resources are free to NICU families, supported by NICU parents. We know because we have been there.

- **Peer to Peer Support**  
Having a medically fragile baby can be isolating. But you don't have to do it alone. Hand to Hold matches parents with trained NICU-graduate parents who share a similar journey.  
Request support today: (855) 424-6428 [handtohold.org/support](http://handtohold.org/support)
- **Virtual Support Groups**  
Weekday opportunities for NICU families to connect and share personal experiences and feelings, discuss coping strategies, and find comfort and support. Find more information and meeting days/times at: [handtohold.org/supportgroups](http://handtohold.org/supportgroups)
- **Online Support Communities**  
Community and understanding are just a click away with Hand to Hold's private Facebook groups, where you can ask questions and connect with other families in a safe, supportive environment.  
[handtohold.org/facebookgroups](http://handtohold.org/facebookgroups)
- **A Podcast for Everyone**  
Listen to Hand to Hold's podcasts for reassurance and strength during your NICU journey and beyond.  
**NICU Now:** From understanding postpartum depression and PTSD to bonding with your baby and communicating with your care team, Hand to Hold's NICU Now podcast helps parents navigate their NICU stay and prepare to bring home their medically fragile baby.  
**NICU and Beyond:** NICU and Beyond is for families in the days, weeks, months and even years after a NICU stay. Because the journey doesn't end when you leave the NICU.  
**NICU Dad Discussions:** NICU Dad Discussions offers real conversations with real NICU and bereaved dads on topics like anxiety, depression and PTSD; how the NICU affects relationships with partners; and how to connect with other NICU dads for community and support.  
**NICU Love and Loss:** NICU Love & Loss was designed to support bereaved families on the difficult journey after losing a child. In each episode, bereaved parents share their stories and discuss the many stages of grief, letting other parents know they are not alone.  
**NICU Heroes:** A podcast for the NICU professional, NICU Heroes was created exclusively to help nurses better understand, support and nurture the entire NICU family. Each episode is worth one contact hour of nursing continuing education.

Search "Hand to Hold" and subscribe on Apple Podcasts, Stitcher & Spotify or listen at [handtohold.org/podcasts](http://handtohold.org/podcasts)

### **About Hand to Hold**

Hand to Hold helps families before, during and after NICU stays and infant loss by providing powerful resources for the whole family, and most importantly, one-on-one mentoring from someone who has been there. To learn more, visit the Hand to Hold website at: **[handtohold.org](http://handtohold.org)**

### **Social Handles:**

Twitter: [@NICUHandtoHold](https://twitter.com/NICUHandtoHold)

Facebook: [@handtohold](https://www.facebook.com/handtohold)

Instagram: [@handtohold](https://www.instagram.com/handtohold)

LinkedIn: [linkedin.com/company/hand-to-hold](https://www.linkedin.com/company/hand-to-hold)

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