

Dr. Tiago Villanueva,
Editor-in-Chief
Acta Médica Portuguesa

February, 17, 2021

Dear Dr. Villanueva:

I am pleased to submit the attached Letter to the Editor entitled “**Perinatal Mental Health During the COVID-19 Pandemic: Challenges for Psychiatry**” for consideration for publication in *Acta Médica Portuguesa*.

In this manuscript, I point out some reflections that seem important and pertinent about perinatal mental health in the present time, in which we are struggling with the COVID-19 pandemic, after reading the Letter to the Editor from Afonso, "The Impact of the COVID-19 Pandemic on Mental Health", published in *Acta Médica Portuguesa* on May 2020. I recall particularities of pregnant women and new mothers, with findings from recent studies about risk factors and psychiatric symptoms. I also underline the importance of having multidisciplinary teams in Psychiatry departments, dedicated to addressing the mental health of these women.

These aspects are relevant to the focus of *Acta Médica Portuguesa*. While we are legitimately concerned about the number of affected cases and deaths, the psychological consequences of this pandemic will be invaluable and we should, as health professionals, seek to establish care plans and support for women in the perinatal period. This Letter to the Editor thus seeks to be a call for attention and awareness on these issues.

The main text of the manuscript has a total of 375 words and 5 references.

I confirm that this manuscript has not been published elsewhere and is not under consideration by any other journal. The author has no conflicts of interest or financial disclosures to declare.

Thank you for your consideration of this manuscript. I look forward to hearing from you.

Sincerely,

Cátia Fernandes Santos, MD

Department of Psychiatry and Mental Health – Hospital Garcia de Orta

CDC Building – 1st Floor, Av. Torrado da Silva, 2805-267 Almada, Portugal

+351 212 736 678 / +351 919 882 748

catiafersantos@gmail.com