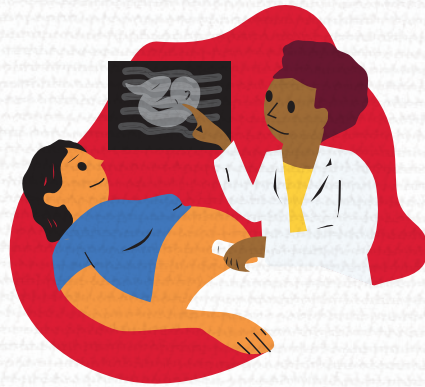


Improving Maternal Mental Health Outcomes

1 IN 5 women experience a **PERINATAL MENTAL HEALTH CONDITION**¹ such as depression and anxiety

1 IN 8 women have symptoms of **POSTPARTUM DEPRESSION**²



Over **50%** of pregnant women with depression are **UNTREATED**³, further impacting mother and child

1 IN 10 fathers experience **POSTPARTUM DEPRESSION** or **ANXIETY**⁴

In 2019, maternal mental health conditions were the **LEADING CAUSE OF PREGNANCY-RELATED DEATHS**⁵

Mental health conditions account for **9% OF PREGNANCY-RELATED DEATHS**⁶, and suicide accounts for **20% OF POSTPARTUM DEATHS**⁷

Black and Indigenous women are **2-3X MORE LIKELY TO EXPERIENCE MATERNAL MENTAL HEALTH CONDITIONS**, but less likely to receive care^{8,9,10}



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How Hospitals Can Support Maternal Mental Health

1



Incorporate timely and culturally appropriate screening, referrals, medications, education, and follow-ups for social and emotional needs.

2



Discuss needs and concerns early on; build trust by listening and avoid rushing the conversation.

3



Diversify the workforce to meet patient needs: integrate doulas, social workers, community health workers and psychiatrists.

4



Train all perinatal nurses and providers on maternal mental health conditions to empower them with knowledge and skills to support patients.

5



Establish a follow-up and referral process and provide a warm hand off to a postpartum provider.

Recommended Resources for Providers

1. AHA's [Better Health for Mothers and Babies](#) initiative
2. AHA's [Maternal Mental Health Webpage](#)
3. AIM Patient Safety Bundle: [Perinatal Mental Health Conditions](#)
4. [Clinical Guidelines: Screening and Treatment of Maternal Mental Health](#)
5. [Lifeline for Moms Perinatal Mental Health Tool Kit™](#)
6. eModule: [Addressing Perinatal Mental Health Conditions in Obstetric Settings](#)
7. [National Child & Maternal Health Educational Programs](#)

Patients can get help by calling or texting the



National Maternal Mental Health Hotline

833-TLC-MAMA

(833-852-6262)

This hotline is available 24/7, in English and Spanish.

These considerations are derived from conversations with AHA member hospitals.