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PERINATAL MENTAL HEALTH DISORDERS

It's not just postpartum. It's not just depression.



TWO-YEAR PERINATAL TIMEFRAME

Pregnancy through one full year
following pregnancy

Approximately 25 interactions with healthcare providers

Depression
Bipolar illness
Anxiety disorders
Obsessive-compulsive disorder
Post-traumatic stress disorder
Substance use disorders
Psychosis, especially postpartum

Postpartum Support International, 2021
Uguz et al., 2019

PERINATAL MENTAL HEALTH DISORDERS

PMH disorders are the #1 complication of pregnancy and childbirth

These illnesses affect up to 1 in 5 pregnant or postpartum people (and up to 1 in 3 in high-risk populations)

Untreated PMH conditions can have long-term negative impact on mother, baby, family, society

The cost of NOT treating PMH conditions is \$14 billion (\$32,000 per mother/infant dyad)

75%
of those
who
experience
PMH symptoms
go untreated

Byatt et al, 2015

Ko et al., 2017

Luca et al., 2020

Zivin et al, 2020

Centers for Disease Control, 2020

National Institute of Mental Health, 2013

WHY SHOULD WE CARE?

Mental health conditions are the
MOST COMMON COMPLICATION
of becoming a new parent

Suicide and overdose are the
LEADING CAUSE OF DEATH
for new mothers

WHAT CAN WE DO?

- **Implement** statewide maternal mental health screenings during and post pregnancy through 12 months
- **Expand** at home visiting programs for all new parents and medicaid coverage for 12 months postpartum
- **Destigmatize** mental health complications for pregnant and new parents (1 in 5)
- **Create** state level maternal mental health commission
- **Develop** maternal mental health psychiatry access program

WHAT IS AVAILABLE?

1-833-9-HELP4MOMS 1-833-943-5746

NEW National Maternal Mental Health (MMH) Hotline

- 24/7, free, confidential support before, during, and after pregnancy.
- Provides services to pregnant and postpartum people and their families in the United States.
- For individuals who are not in crisis but need real-time support and assistance for MMH conditions
- The MMH Hotline is a service of the Health Resources and Services Administration within the United States Department of Health and Human Services.
- The MMH Hotline is managed and staffed by Postpartum Support International.
- Direct connections to other national hotlines, including the 988 Crisis Line, the Domestic Violence Hotline, and the Disaster Distress Helpline.