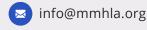
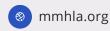


#### **JUNE 2023**

# Resources to Combat the Maternal Mental Health Crisis in the United States







### National Maternal Mental Health Hotline

## 1-833-TLC-MAMA (1-833-852-6262)

- · For mothers, fathers, birthing people, and family members
- · Resources, referrals, and support
- · Free and confidential
- 24/7 phone and text support from professional counselors
- · Available in English and Spanish
- Interpreter services in 60 languages

#### Learn More About the Hotline

### Perinatal Psychiatry Access Programs

- Provide psychiatric consultation to front-line providers, such as obstetricians and family physicians, to help them treat women and birthing people experiencing maternal mental health conditions
- Connect affected women and birthing people with additional resources for recovery, including therapists and support groups
- Provide one-on-one psychiatric consultation to women and birthing people with complex maternal mental health issues
- The following states have (or are developing) psychiatry access programs:
  - Colorado Children's Hospital Colorado
  - Florida Florida Maternal Mental Health Collaborative
  - Georgia <u>PEACE for Moms</u>
  - Illinois Collaborative Care Model for Perinatal Depression Support Services
  - Kansas Kansas Connecting Communities
  - · Louisiana Louisiana Maternal Mental Health Perinatal Partnership
  - Massachusetts MCPAP for Moms
  - Michigan MC3 for Moms
  - Montana The Meadowlark Initiative
  - North Carolina NC Maternal Mental Health MATTERS
  - Rhode Island Moms Psychiatry Resource Network
  - Vermont <u>Perinatal Mood and Anxiety Consultation Service at the University of Vermont Medical Center</u>
  - Washington Partnership Access Line (PAL) for Moms
  - Wisconsin <u>The Periscope Project</u>

### **Learn More About Perinatal Psychiatry Access Programs**

## Postpartum Support International Psychiatric Consult Line

- Free
- For medical professionals who are prescribers and have questions about the mental health care related to pregnant and postpartum patients and pre-conception planning
- Staffed by experts in the field of psychiatry who are members of PSI and specialists in the treatment of perinatal mental health disorders.
- Fill out their free application form and they will match you with an appointment. They will respond to your request within one business day.
- Questions? Email Chrissy@postpartum.net or call 1-877-499-4773 and leave a voicemail.

#### **Request a Free Consultation**

## Perinatal Mental Health Education and Screening Project

MMHLA and is leading a multi-year, multi-disciplinary collaborative effort to ensure all pregnant and postpartum people are educated about and screened for perinatal mental health disorders and connected with resources for recovery.

- Phase I (2021-2022) focused on creating a framework for WHEN to provide patient education and screening.
- Phase II (2023-2024) is addressing barriers to screening, including:
  - Education for frontline providers
  - Resources for those impacted by perinatal mental health disorders
  - Reimbursement for screening and treatment
  - Updating screening tools

#### **Learn More About The Screening Project**

### Delving Into Maternal Mental Health: Webinar Series

MMHLA will be hosting a webinar series (August - November 2023) about specific topics that intersect with maternal mental health:

- Disability and Pregnancy
- Birth Trauma
- Pregnancy and Infant Loss
- Military Mothers

#### **Learn More About the Webinar Series**