

Maternal Mental Health

Common Perinatal Mental Disorders (**CPMDs**) and Postpartum Mood and Anxiety Disorders (**PMAD**) describe distressing feelings that occur during pregnancy and throughout the first year after pregnancy.

Feelings can be mild, moderate or severe, and may last a few weeks, months or even years. These span women of every culture, age, income level and ethnicity. African American women suffer **35% higher** than other ethnic groups nationally.

- **1 in 5** will experience a MMH illness during pregnancy/postpartum
- **1 in 7** will experience depression during pregnancy
- A mother is **50% more likely** to experience a MMH illness with her next pregnancy, if she experienced one during a prior pregnancy.



Resources:

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World Health Organization: Maternal mental health

Center for Disease Control: Maternal-depression

SAMSHA