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:

- Erin Moss BA, MA, LMCH
  https://erinmmoss.com/
- Jennifer Urban LCSW-R, PMH-C
  https://www.jmurbanlcsw.com/
- World Health Organization: Maternal mental health
- Center for Disease Control: Maternal-depression
- SAMSHA