

Maternal Mental Health

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Epidemiology

Perinatal mental health conditions affect ~ 1 in 5 women during pregnancy or the first postpartum year

Perinatal mental health conditions are the leading preventable cause of pregnancy-related morbidity and mortality

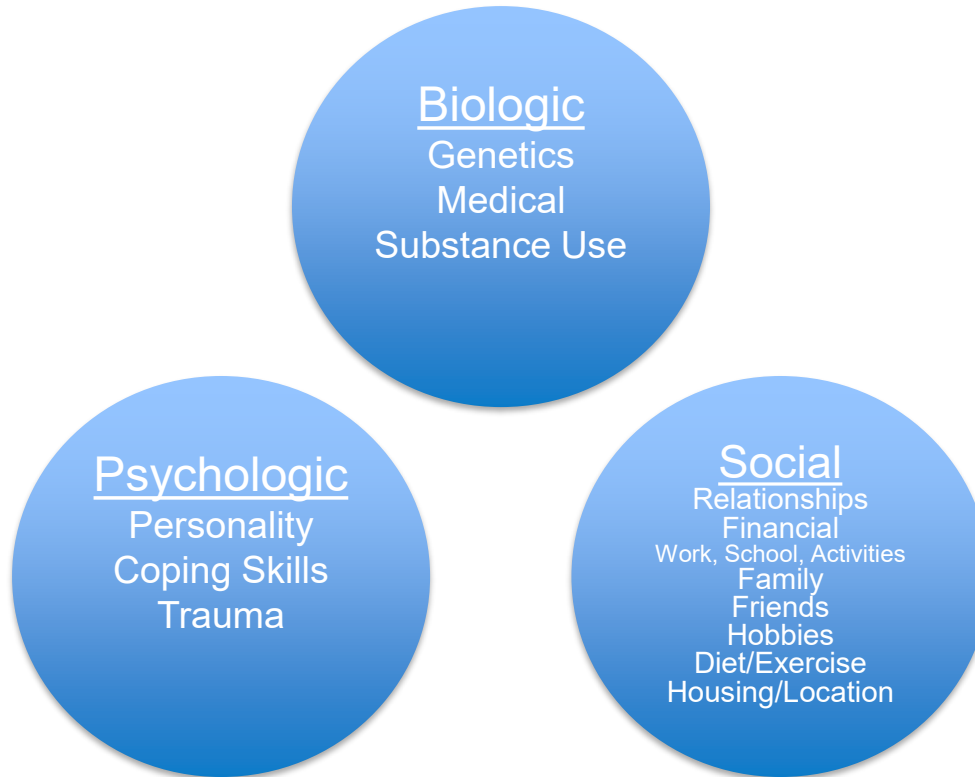
Mental health conditions are the leading cause of pregnancy related deaths

Over 50% of pregnant women with depression are untreated, further impacting mother and child

Black and Indigenous women are 2-3 times more likely to experience maternal mental health conditions but less likely to receive care

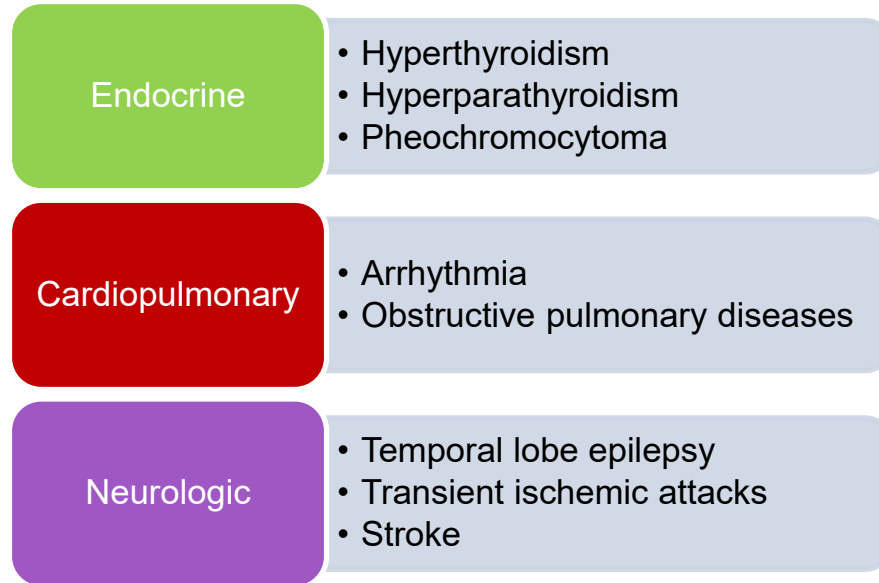
Untreated perinatal mental health conditions in mothers are now considered an adverse childhood experience (ACE) for children

Diagnosis and Evaluation



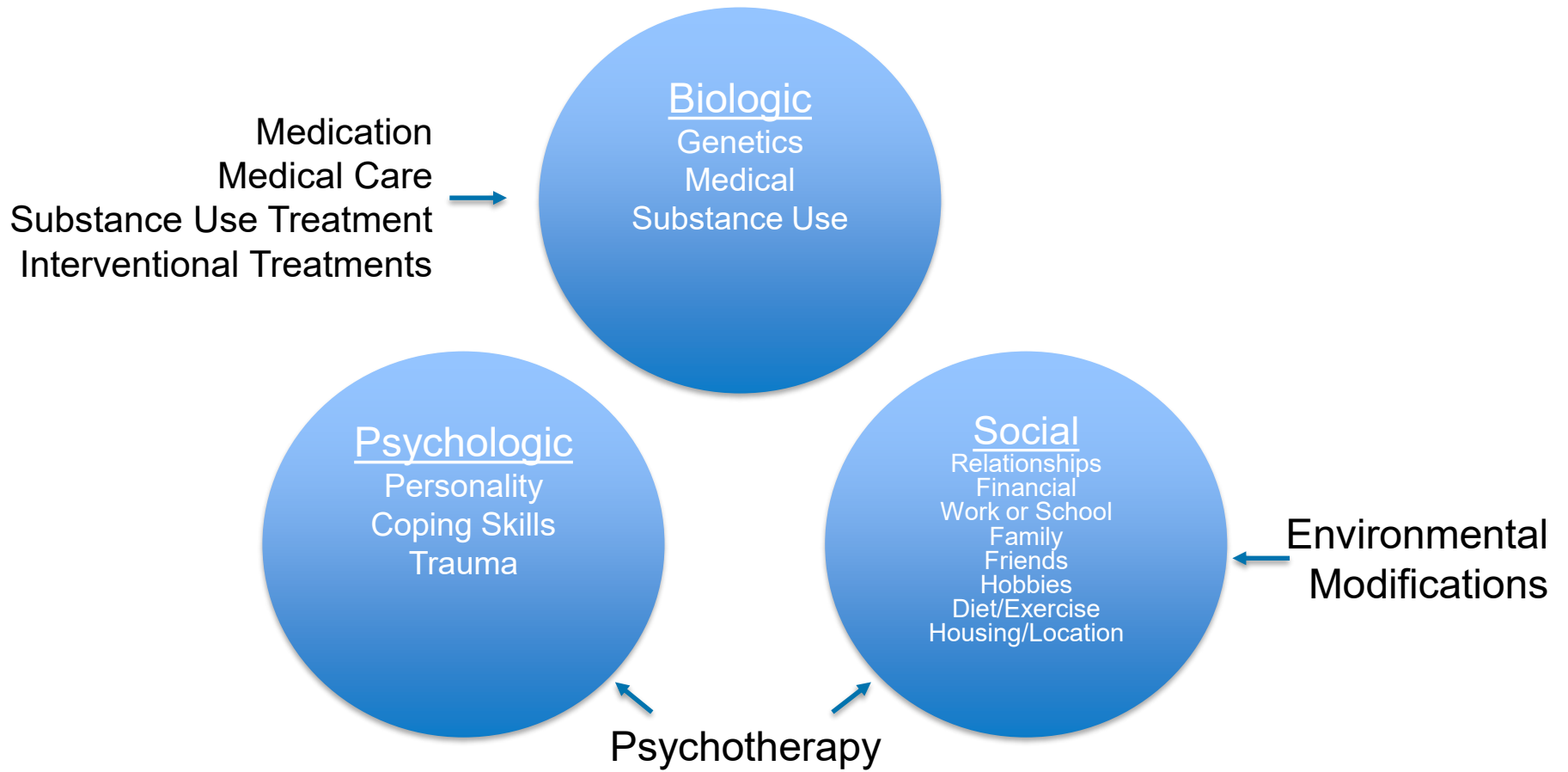
Differential Diagnosis

- Important to evaluate for and exclude other medical conditions with similar presentations

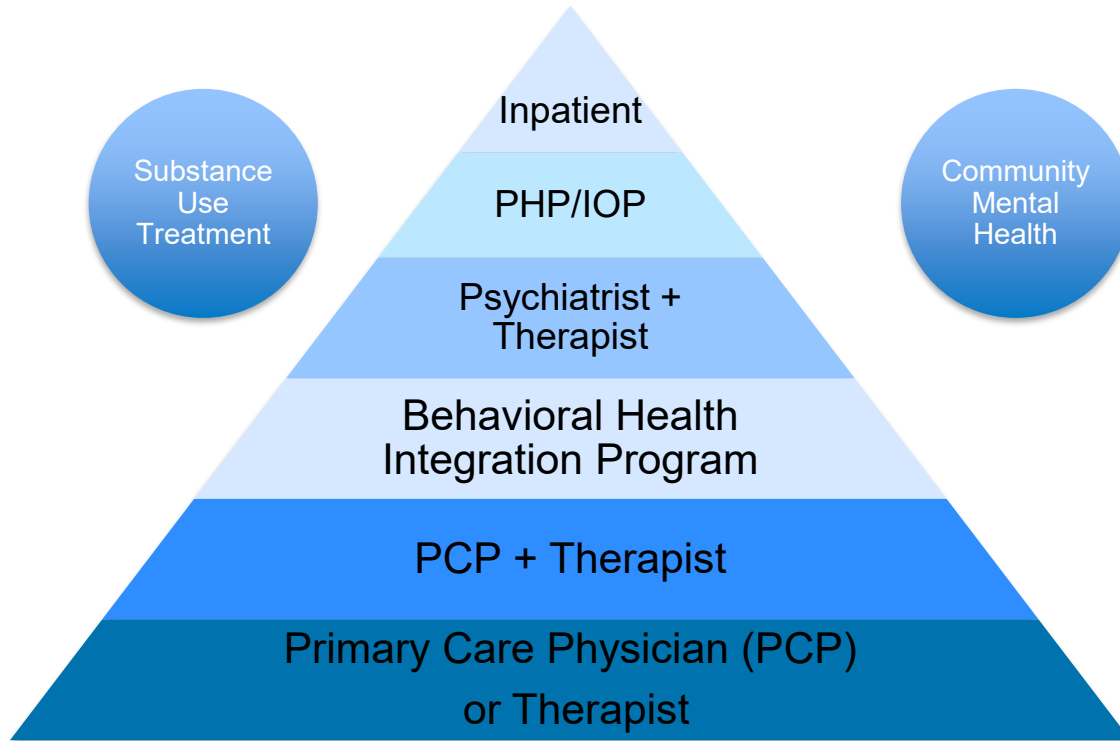


Substance Use

- Ensure thorough evaluation for substance use and potential withdrawal including:
 - Nicotine
 - Alcohol
 - Benzodiazepines
 - Cannabis
 - Opiates
 - Stimulants
 - Steroids
 - Caffeine



Behavioral Health Treatment Levels of Care



Access to Resources

- Despite effective treatments being available, **50–70% of symptomatic women remain without a diagnosis**, and among those who screen positive, nearly half do not utilize any mental health services
- Key resources designed to bridge these gaps include:
 - **POEM (Perinatal Outreach & Encouragement for Moms)**
 - Offers peer-to-peer support, resources, and referrals for pregnant and new moms, including in-person support groups in Columbus and virtual options. Phone: (614) 315-8989.
 - **Postpartum Support International (PSI)**
 - Provides virtual support groups, a perinatal psychiatric consult line for clinicians in states without designated access programs, and comprehensive patient-facing resources. 1-800-944-4773
 - **National Maternal Mental Health Hotline**
 - 24/7, free, confidential hotline available by phone or text in multiple languages. 1-833-9-HELP4MOMS
 - **Help Me Grow**
 - Connects families with resources for prenatal care and parenting. (800) 755-GROW (4769)

Awareness and Stigma

- Stigma is consistently identified as the **most common barrier** to help-seeking for perinatal mental health conditions across systematic reviews
 - Individual, healthcare professional, interpersonal, organizational, political, and societal
- Evidence-based strategies:
 - **Universal screening**
 - Validated tools (Edinburgh Postnatal Depression Scale, PHQ-9, GAD-7) at multiple time points to mitigate potential bias and normalize mental health assessment as routine care
 - **Educational campaigns**
 - Targeting both perinatal women and the general public to improve mental health literacy, which is positively associated with help-seeking attitudes
 - **Engagement with public figures and influencers**
 - Destigmatize perinatal mental health conditions, as recommended by the 2024 ACOG/SMFM Maternal Mental Health Workshop

Your next step for postpartum concerns

Our Fourth Trimester Clinic, located inside the Women's Health Outpatient Center at OhioHealth Dublin Methodist Hospital, is the first of its kind in the area — with a team of compassionate providers who specialize in breastfeeding medicine and behavioral health.

7450 Hospital Dr, Suite 270, Dublin, OH 43016
(614) 544-8480



How we support you

Working closely with your provider, our team cares for issues that arise in the postpartum period. However, the clinic is not meant to take the place of routine postpartum appointments with your OB-GYN. Outpatient services include:

Lactation medicine

- Insufficient milk production and low production concerns
- Breast pain
- Nipple pain
- Mastitis
- Latch concerns
- Hyperlactation
- Recurrent clogged ducts
- Medication safety in lactation
- Dysphoric milk ejection reflex and mood disorders related to lactation
- Food intolerance and allergy concerns
- Substance use and breastfeeding
- LGBTQ and transgender considerations in lactation
- Support for weaning
- Prenatal consultation for patients at-risk for breastfeeding difficulty

Postpartum high blood pressure checks and management

Behavioral health

- Postpartum mood disorders
- Pregnancy loss and bereavement

WE ARE WORKING TOGETHER TO ENHANCE YOUR ACCESS TO MENTAL HEALTH CARE

OhioHealth & LifeStance Health

LifeStance is a mental healthcare company focused on providing evidence-based, medically driven treatment services for children, adolescents, and adults suffering from a variety of mental health issues. [Learn more here.](#) Now, OhioHealth patients can access seamless referrals to LifeStance's multidisciplinary team of psychiatric and psychotherapy clinicians.

