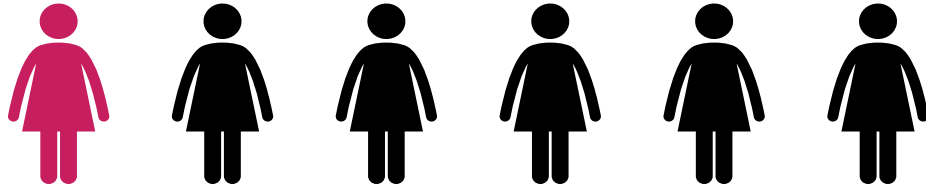


PERINATAL MENTAL HEALTH

Los Angeles County

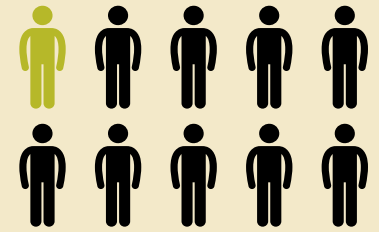
Perinatal Mood And Anxiety Disorders

More than postpartum depression, perinatal mood and anxiety disorders encompass a range of mental health disorders- including depression, anxiety, obsessive compulsive disorder, and post-traumatic stress disorder- that occur during pregnancy or up to two years postpartum.



Maternal depression is the leading complication of childbirth, affecting 1 in 6 women in Los Angeles County.

Recent research shows that men suffer too. Nationally, 1 in 10 new fathers is impacted by perinatal depression.



When Maternal Depression Goes Untreated, The Impact Can Be Profound:



Impact on the CHILD

- Preterm delivery
- Low birth weight
- Less breastfeeding
- Disrupted attachment
- Developmental delays
- Behavior problems



Impact on FAMILY

- Domestic Violence
- Divorce
- Child abuse and neglect
- Substance abuse



System-wide COSTS

- Child Welfare
- Healthcare
- Public Assistance
- Early Intervention
- Education

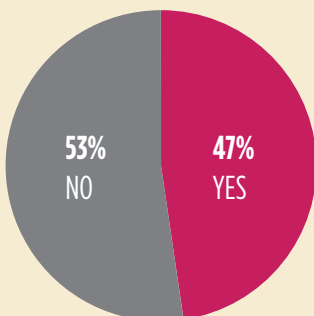
Suicide is the #1 cause of death for women during the perinatal period.

Fortunately, maternal depression is **HIGHLY TREATABLE** and can be **PREVENTABLE**.

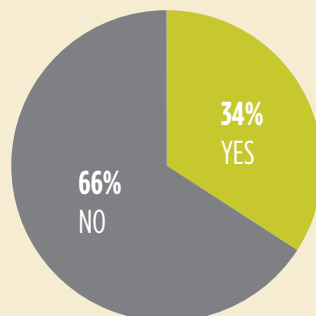


Many healthcare providers do not screen for maternal depression and anxiety.

Asked about **DEPRESSION** at postpartum visit:



Asked about **ANXIETY** at postpartum visit:



- 1 TRAIN**
providers to recognize and respond
- 2 SCREEN**
all pregnant women and new parents
- 3 RESPOND**
with effective interventions
- 4 SPEAK UP**
to eliminate stigma

PREVENT

maternal depression from impacting growing families

To learn more and for additional resources: www.maternalmentalhealthnow.org

Data source: LAMB Survey of LACDPH