




## MATERNAL MENTAL HEALTH AT A GLANCE



**72,000 births** per year 

**14,400 families** impacted by MMH conditions

**\$345 million cost** of untreated MMH conditions  
mother's lost wages and productivity,  
poor health outcomes of mother and baby 

**11%** postpartum depression rate<sup>1</sup>

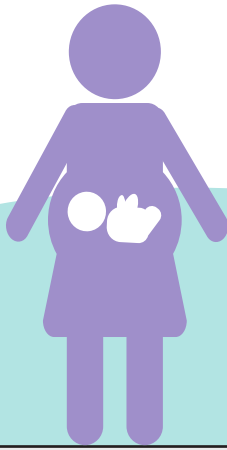
**28%** births covered by Medicaid<sup>2</sup>

**14** deaths per 100,000 births<sup>3</sup>  
maternal mortality rate

<sup>1</sup> CDC PRAMS    <sup>2</sup> March of Dimes    <sup>3</sup> CDC Wonder Online Database

STATEWIDE EFFORTS		
✓	Coalition/Task Force	<b>Ellen Story Commission on Postpartum Depression</b>
✓	Medicaid Expansion	
✓	Maternal Mortality Review	<b>Maternal Mortality and Morbidity Initiative</b>
✓	Perinatal Quality Collaborative	<b>Neonatal Quality Improvement Collaborative of Massachusetts (NeoQIC)</b> <b>Massachusetts Perinatal Quality Collaborative (MPQC)</b> <b>Perinatal-Neonatal Quality Improvement Network of Massachusetts (PNQIN)</b>
✓	Psychiatry Access Program	<b>MCPAP for Moms</b> – Builds the capacity of frontline providers to treat maternal mental health conditions; provides psychiatry consultation services; offers resources and referrals. <b>Lifeline for Moms</b> – Provides expert guidance on Perinatal Psychiatry Access Programs. Convenes leaders of Access Programs for professional development, networking, and education.
✓	Postpartum Support International Chapter	<b>PSI Massachusetts Chapter</b> Includes local volunteers and support groups.
x	Proclamation or Resolution	
✓	State Legislation or Policy ✓ Requires screening x Requires education ✓ Was funded	<b>An Act Relative to Postpartum Depression (2010)</b> <b>Act providing coverage for treatment of postpartum depression (2009)</b>
✓	Other	<b>Massachusetts COVID-19 Maternal Equity Coalition</b> <b>Women of Color Health Equity Collective</b> <b>Massachusetts PPD Fund</b> <b>MA Statehouse Racial Inequities in Maternal Health Commission</b>





## COMMUNITY RESOURCES

**William James College** (Newton) – Provides listings of support groups and community resources throughout the Commonwealth. Through its helpline, Resource and Referral specialists help individuals find appropriate mental health services.

## TREATMENT PROGRAMS

**Massachusetts General Hospital Center for Women's Mental Health** (Boston) – Provides a variety of treatment and resources addressing maternal mental health:

- Provides psychiatric care and medication management to women preconception, during pregnancy, and postpartum.
- Conducts research into mental health of women across the lifespan, including a unique study of postpartum psychosis.
- Maintains the National Pregnancy Registry for Psychiatric Medications.
- Provides education and training to providers, including blog postings with information from the field of MMH, weekly virtual "Grand Rounds" and 6-week session on Psychiatric Disorders in Women.

**McLean Hospital Center of Excellence in Women's Mental Health** (Belmont) – Dedicated to improving mental health care for women throughout the lifespan by leveraging clinical, research, and education expertise.

**South Shore Health Perinatal Behavioral Health Program** (South Weymouth) – Provides comprehensive medication management and short-term therapy during pregnancy and up to two years postpartum. Also provides care for pregnant and postpartum women with substance use disorders (SUD).

**University of Massachusetts Women's Mental Health at UMass Memorial Medical Center** (Worcester) – Provides consultations and direct care for each reproductive phase of life, offering consultative and treatment services for mental health issues related to pregnancy, postpartum, and other reproductive health concerns.

**Women's Mental Health Services at Brigham and Women's Hospital** (Boston) – Provides services for women across the lifespan—including preconception, infertility, pregnancy, and postpartum—with a focus on evaluation, medication management, and brief psychotherapy.

