

MATERNAL MENTAL HEALTH AT A GLANCE



12,000 births
per year

2,400 families
impacted by MMH conditions



\$58 million cost
of untreated MMH conditions
mother's lost wages and productivity,
poor health outcomes of mother and baby



16% postpartum depression rate¹

26% births covered by Medicaid²

23 deaths per 100,000 births³
maternal mortality rate

¹ CDC ² March of Dimes ³ PRAMS
*Cost is calculated as follows:
(2,400) X (0.75 remain untreated) x (\$32,000 cost) = \$58 million

STATEWIDE EFFORTS

x	Coalition/Commission/Task Force		
x	Medicaid Expansion		
✓	Maternal Mortality Review	New Hampshire Maternal Mortality Review Committee 2020 Report	
✓	Perinatal Quality Collaborative	Northern New England Quality Improvement Network Includes Maine and Vermont	
x	Psychiatry Access Program		
✓	Postpartum Support International Chapter	PSI New Hampshire Resource Page	
x	Proclamation or Resolution		
x	State Legislation or Policy		
	x	Requires screening	
	x	Requires education	



COMMUNITY RESOURCES AND TREATMENT OPTIONS

BirthRoots (based in Maine, provides services in New Hampshire) – Provides classes, events, and lists of resources.

Perinatal & Women's Mental Health Counseling (Windham) – Counselors specializing in PMAD, postpartum adjustment and other services centered around birth and postpartum experiences.

Psychiatric Wellness Center (Teletherapy) – Provides therapy and medication management.

Wentworth-Douglass Hospital (Dover) – Webpage on postpartum mental health; includes information about support group.

Hanover Psychiatry (Hanover) – Psychiatric providers affiliated with Dartmouth Health.

Women's Counseling of Nashua (Nashua) – Counselors specializing in PMADS, complicated pregnancies, birth trauma, transition to motherhood. Provides therapy and medication management.

Good Beginnings of the Upper River Valley (Lebanon) – Home visitor program, office and phone - based education and support, and mom mentoring program.

Dartmouth Women's Resource Center (Hanover) – Support groups, classes, breast pump, formula and food pantry.

NH Family Resource Centers (Statewide) – Database and search engine for family support programs in New Hampshire.

