New Hampshire



OCTOBER 2022

MATERNAL MENTAL HEALTH AT A GLANCE



12,000 births per year



2,400 families impacted by MMH conditions

16% postpartum depression rate¹

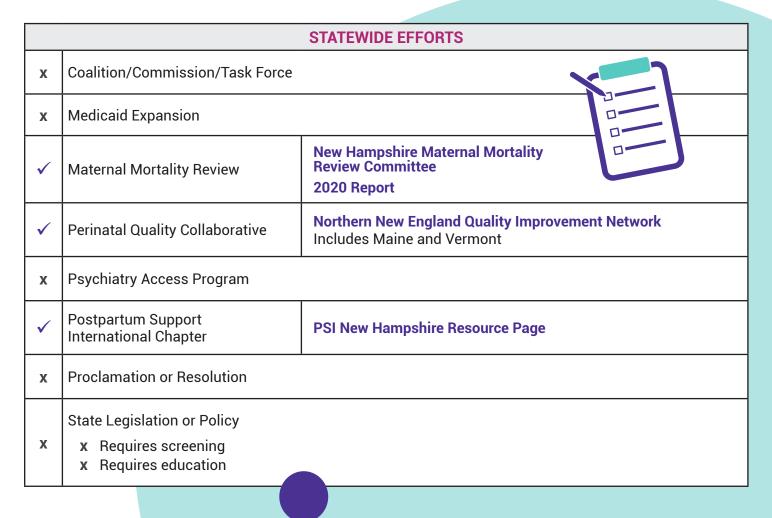
26% births covered by Medicaid²

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

\$58 million cost

of untreated MMH conditions mother's lost wages and productivity, poor health outcomes of mother and baby







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.

