What every ED provider needs to know to save a mother's life



Perinatal mental health conditions are a leading cause of maternal death in the United States.

1 in 5 women experience a mental health condition during pregnancy or postpartum. Every ED provider needs to know how to screen and assess for perinatal mental health (PMH) conditions, counsel on treatment options, and provide warm handoffs to therapy and close OB follow-up. For patients with moderate or severe PMH screen, call OB or psychiatry to offer medication start.

Early recognition and treatment saves lives

KEY STEPS TO IMPROVE MATERNAL OUTCOMES:

- ☑ Identify patients who are pregnant or who have been pregnant in the last year
- ☑ Screen pregnant and postpartum patients for depression and anxiety
- ☑ Assess safety and severity and counsel on treatment options (therapy, medication or both)
- ☑ Link to therapy by calling 1-833-TLC-MAMA and establish OB follow-up within 2 weeks
- ☑ Provide patient PMH education and support services resources
- ☑ For moderate/severe PMH score, consult OB and/or psychiatry to assess and start medication

Essential Resources

National Maternal Health Hotline
1-833-TLC-MAMA

Postpartum Support International Perinatal Psychiatric Consultation and Peer Support Resources
503-218-3818

State Perinatal Psychiatric Access Programs

ACOG Screening and Diagnosis of Mental Health Conditions During Pregnancy and Postpartum

ACOG Perinatal Mental Health Clinical Practice Guidelines

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