What every OB 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, yet most are never identified or treated. Every OB provider needs to know how to screen and assess for perinatal mental health conditions, counsel on treatment options, start treatment, and provide warm handoffs to therapy and close OB follow up.

Early recognition and treatment saves lives

KEY STEPS TO IMPROVE MATERNAL OUTCOMES:

- Screen routinely for depression and anxiety
- Assess safety, severity and treatment options (therapy, medication, or both)
- Start treatment, and provide warm handoff to therapy and support services
- Schedule close OB follow up to track response
- Provide trauma-informed, compassionate care

Essential Resources

National Maternal Health Hotline
1-833-TLC-MAMA

Postpartum Support International Perinatal Psychiatric Consultation
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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