

# Maternal Mental Health: Perinatal Depression and Anxiety Complete Resource Listing

## 1. READINESS

- American College of Obstetricians and Gynecologists, District II. [Perinatal Depression Screening: Tools for Obstetrician Gynecologists.](#)
- [Incorporating Recognition and Management of Perinatal and Postpartum Depression Into Pediatric Practice.](#) Marian F. Earls and the Committee on Psychosocial Aspects of Child and Family Health. *Pediatrics* 2010;126;1032; originally published online October 25, 2010.
- [PRIME-MD Patient Health Questionnaire \(PHQ-9\) Video Demonstration \(IMPACT\)](#)
- PRIME-MD Patient Health Questionnaire (PHQ-9) with instructions via [STABLE National Coordinating Council Resource Toolkit](#)
- Spitzer RL, et al. [Validity and utility of the PRIME-MD Patient Health Questionnaire in assessment of 3000 obstetric-gynecologic patients: The PRIME-MD Patient Health Questionnaire Obstetrics-Gynecology Study.](#) *Am J Obstet Gynecol.* 2000 Sep;183(3):759-69.
- [Support and Training to Enhance Primary Care for Postpartum Depression \(STEP-PPD\)](#)
- [Support and Training to Enhance Primary Care for Postpartum Depression \(STEP-PPD\) Training](#)

## 2. RECOGNITION

- American College of Obstetricians and Gynecologists. FAQ 091: Postpartum Depression, 2013 December. Retrieved from: <https://www.acog.org/-/media/For-Patients/faq091.pdf?dmc=1&ts=20160205T1828346814>.
- MacDonald, J, Flynn, C. [Mothers' Mental Health Toolkit: A Resource for the Community.](#) Reproductive Mental Health Service, December 2012. Retrieved from: <http://www.iwk.nshealth.ca/themes/iwkhc/downloads/mmh-toolkit.pdf>.
- [Screening for Perinatal Depression.](#) Committee Opinion No. 630. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2015 May;125(5):1268-71.

## 3. RESPONSE

- Council on Patient Safety in Women's Health Care, [Patient, Family, and Staff Support after a Severe Maternal Event Patient Safety Bundle.](#)
- Postpartum Progress: [Local Postpartum Depression Support Organizations](#)

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- Postpartum Progress: [Plain Mama Patient Education Handouts](#)
- Postpartum Support International: [Local Treatment Resources](#)
- Postpartum Support International: [Warmline](#)

### 4. REPORTING/SYSTEMS LEARNING

- Final Update Summary: Depression in Adults: Screening. U.S. Preventive Services Task Force. January 2016.  
<http://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/depression-in-adults-screening1>
- Institute for Healthcare Improvement, Changes for Improvement: [Develop a Culture of Safety.](#)
- Institute for Healthcare Improvement, Changes for Improvement: [Multidisciplinary Rounds.](#)
- Lardieri, Michael R.; Lasky Gina B., and Raney Lori. [Essential Elements of Effective Integrated Primary Care and Behavioral Health Teams.](#) SAMHSA-HRSA Center for Integrated Health Solutions, 2014.
- National Committee for Quality Assurance. Proposed New Measures for HEDIS Learning Collaborative: [Depression Care Measures Set.](#) (DRAFT - NOT FINAL)

*See following 2 pages for additional resources*



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### OTHER USEFUL MATERNAL MENTAL HEALTH RESOURCES FOR PROVIDERS AND PATIENTS

- **[Agency for Health Research and Quality](#)**  
Offers a variety of provider-focused resources, including tools for depression screening, how to successfully overcome barriers, and what services are covered by the Affordable Care Act and Medicaid.
- **[American College of Obstetricians and Gynecologists \(District II\)](#)**  
The Perinatal Depression Initiative out of ACOG District II (New York) provides tools for Obstetricians and Gynecologists, including the [Perinatal Depression Screening: Tools for Obstetrician-Gynecologists](#).
- **[2020 Mom Project](#)**  
Brings stakeholders together to exchange ideas, identify barriers and opportunities, and form collaborative relationships to increase and improve maternal mental health awareness, diagnosis, and treatment. Offers provider toolkits, informational [videos](#), and patient-focused awareness [posters and flyers](#) for use by providers.
- **[Center for Women's Mental Health at Massachusetts General Hospital \(MGH\)](#)**  
Provides a range of current information including discussion of new research findings in women's mental health and how such investigations inform day-to-day clinical practice. Offers resources for providers on medication use during pregnancy and while [breastfeeding](#).
- **[Massachusetts Child Psychiatry Access Project](#)**  
Offers [MCPAP for Moms Toolkit](#) to assist front-line perinatal care providers in the prevention, identification, and treatment of depression and other mental health concerns in pregnant and postpartum women. Offers a variety of other provider tools including, [Key Clinical Considerations When Assessing the Mental Health of Pregnant and Postpartum Women](#)
- **[National Coalition for Maternal Mental Health](#)**  
Brings together national organizations devoted to addressing maternal mental health by engaging stakeholders, advocating for change in policies and practices, and

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raising awareness of maternal mental health issues. Offer patient-focused [posters and tools](#) in English and Spanish.

- **[Office on Women's Health \(OWH-HHS\)](#)**  
Out of the U.S. Department of Health and Human Services, offers a variety of tools for providers and patients, including a [Depression during and after pregnancy fact sheet](#) for patients (also available in [Spanish](#)).
- **[Postpartum Progress Blog Community](#)**  
A peer-to-peer interactive community that allows moms to connect with other moms and supporters. Offer a variety of [patient education tools](#), including: Symptoms of Postpartum Depression & Anxiety (In “Plain Mama” English) and New Mom Checklist for Maternal Mental Health Help.
- **[Postpartum Support International](#)**  
Works to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum. Has volunteer coordinators in every one of the United States and in more than 36 other countries. Offer [online training sessions](#) for providers. Warm line: 1-800-944-4PPD (4773). Also offers Spanish-language support – press 1.
- **[U.S. Preventive Services Task Force \(USPSTF\) Recommendation](#)**  
The USPSTF 2016 Recommendation is: “Screen for depression in the general adult population, including pregnant and postpartum women. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up.”
- **[The BlueDot Project](#)**  
The Blue Dot was selected by the maternal mental health community as the universal symbol of solidarity, support, and survivorship. The Project intends to change the face of Postpartum Depression and Anxiety by taking away the stigma and raising awareness.
- **[World Health Organization](#)**  
Provides information on the including a [Literature review of risk factors and interventions on Postpartum Depression](#) and a [Comprehensive mental health action plan 2013-2020](#).