

SUPPORTING UTAH MOMS: ADDRESSING PERINATAL DEPRESSION & ANXIETY



- Depression is the #1 complication of childbirth, affecting 1 in 7 women nationally with around 40% beginning during pregnancy.
- Half of the Utah women diagnosed with perinatal depression have never experienced mental illness before in their life.



HELPFUL WEBSITES



swuhealth.gov/maternal



Professional
Resources



Patient Referral
Network



Professional
Consult



Provider Toolkit



MATERNAL MENTAL HEALTH

PROVIDER RESOURCES



Though commonly called 'postpartum depression,' there are several forms of mental illness that can occur during and after pregnancy.

Depression During Pregnancy & Postpartum:

Persistent sadness, hopelessness, and lack of interest with symptoms like fatigue, sleep changes, guilt, and suicidal thoughts.

Anxiety During Pregnancy & Postpartum:

Excessive worry, restlessness, fatigue, and panic attacks with physical symptoms such as heart palpitations and sweating.

Pregnancy or Postpartum Obsessive-Compulsive Disorder (OCD):

Unwanted, intrusive thoughts and compulsive behaviors, such as excessive cleaning and checking, causing significant distress.

Pregnancy or Postpartum Bipolar Mood Disorder:

Extreme mood swings between mania (elevated mood, increased energy) and depression (sadness, loss of interest, suicidal thoughts).

Postpartum Post-Traumatic Stress Disorder (PTSD):

After a traumatic childbirth, symptoms include flashbacks, avoidance, negative mood changes, and being easily startled.

Postpartum Psychosis:

Severe mental illness after childbirth with hallucinations, delusions, severe mood swings, disorganized thinking, and suicidal or infanticidal thoughts, requiring immediate medical attention.

RECOMMENDED SCREENING TIMELINE



- 1st Prenatal Visit
- 2nd Trimester (at least once)
- 3rd Trimester (at least once)
- 1st Postpartum Visit (or 6 wk)
- 6 and/or 12 mo. Postpartum
- 3, 9, & 12 mo. Pediatric Visits

Knowing Who, When, and How To Screen



IT'S IMPORTANT FOR PROVIDERS TO:

- Educate families on mental and emotional health, emphasizing that perinatal mood and anxiety disorders are common and treatable.
- Assist women in recognizing changes in their usual mental and emotional state.
- Advocate for seeking appropriate and timely interventions to mitigate the duration and impact of maternal mental health conditions.
- Promote regular screenings and follow-up appointments with patients.

Talking to Patients About Mental Health

