

# Quality Provider Program

## Maternal Mental Health: Depression Resources for Providers

### Care Management Resources & Referral Networks

**Suicide and Crisis Lifeline** — Resource to call or text 988 for free and confidential support for those in distress as well as source for:

- Prevention and crisis resources for patients or their loved ones
- Best practices for professionals in the United States

**Select Health Healthy Beginnings** - Nurse care management support for members with high-risk pregnancies involving:

- Mental Health
- Substance Use Disorder
- Social Determinants of Health - Access to 211 Unite Us Platform (see below)
- Comorbidities

**Intermountain Behavioral Health Navigation Hotline** - Available 7 a.m. to 7 p.m. for helping navigate care options.

**Postpartum Support International (PSI)** - features a Perinatal Psychiatric Consult Line

**211 Unite Us Platform** - Helps government, healthcare, and community-based organizations support anyone who needs connections to care (scan the QR code at right to learn more or register to become a network partner).

**National Maternal Mental Health Hotline** - A 24/7 free, confidential support line for before, during, and after pregnancy featuring:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes (24/7)
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages

### Contacts

Phone/text: **9-8-8**

- Phone: **866-442-5052**
- Email: [commhealthybeginnings@selecthealth.org](mailto:commhealthybeginnings@selecthealth.org)
- Website: [selecthealth.org/providers/resources/caremanagement](https://selecthealth.org/providers/resources/caremanagement)

Phone: **883-442-2211**

- Phone: **877-499-4773**
- Website: <https://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>
- Affiliate Clinic Contact: [leticia.goodman@uniteus.com](mailto:leticia.goodman@uniteus.com) & [erin.willis@uniteus.com](mailto:erin.willis@uniteus.com)
- Website: [uniteus.com/solutions/](https://uniteus.com/solutions/)

- Phone: **833-TLC-MAMA (1-833-852-6262)**
- Website: [mchb.hrsa.gov/national-maternal-mental-health-hotline](https://mchb.hrsa.gov/national-maternal-mental-health-hotline)

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## Best Practice Resources

**Maternal Mental Health Referral Network** - Resources for helping moms and dads deal with depression, anxiety, infertility, miscarriage, and birth trauma (includes a directory of professionals and support groups trained in perinatal mental health).

**ACOG Perinatal Mental Health Tool Kit™**

Online resources including sections on:

- Summary of Perinatal Mental Health Conditions
- Patient Screening
- Assessment and Treatment of Perinatal Mental Health Conditions
- Educational Resources for Providers, Patients, and Families
- Guide for Integrating Mental Health Care into Obstetric Practice, featuring:
  - eModules (a 4-part series taking 2 hours to complete)
  - Guide for Integrating Perinatal Mental Health Care into Obstetric Practice
  - Perinatal Psychiatry Access Programs (national & state level)
- Provider-to-Provider Consultation
- Resource & Referral Resources for Provider & Patient
- Training Opportunities
- Technical Assistance (real-time implementation of perinatal mental health program)

**Alliance for Innovation on Maternal Health (AIM)**, which offers patient safety bundles on:

- **Perinatal Mental Health Conditions**
- **Care for Pregnant and Postpartum People with Substance Use Disorder**

**Policy Center for Maternal Mental Health** (formerly 2020 Mom) is a nonprofit organization focused on closing gaps in maternal mental healthcare. Their online Maternal Mental Health (MMH) **Resource Hub** offers providers best practice guidance for:

- Screening
- Prevention and treatment
- Collaborative care
- Billing and coding
- Suicide Prevention
- And much more

## Contacts

Website: [maternalmentalhealth.utah.gov/](https://maternalmentalhealth.utah.gov/)

Website: [acog.org/programs/perinatal-mental-health](https://acog.org/programs/perinatal-mental-health)

Website: [saferbirth.org/patient-safety-bundles/](https://saferbirth.org/patient-safety-bundles/)

Website: [mchb.hrsa.gov/national-maternal-mental-health-hotline](https://mchb.hrsa.gov/national-maternal-mental-health-hotline)

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## Education & Support Resources

**Postpartum Support International (PSI)** offers these key resources:

- **2024 PSI Conference** — This conference provides an opportunity to meet, learn together, and share ideas with others involved in the field of perinatal mental health. The conference is scheduled **July 26–28, 2024**, in Washington DC.
- **Certification in Perinatal Mental Health**—This certification program creates a structure for professional education and evaluation and standardizes training and experience for perinatal mental health specialists. Curriculum requirements build on existing evidence-based perinatal mental health certificate trainings, adding an advanced-training component.
- **Perinatal Mental Health 101 — These 90-minute, complimentary webinars** are offered in **2024** on **June 13, September 19**, and **December 12**, with an all-Spanish webinar on **October 3**. Sessions cover various MMH disorders, the differences between them, risk factors, and treatment options. CEUs/CMEs are **not** available for these events.

**Utah’s Maternal Mental Health Toolkit & Training Videos**— Developed by the Utah Department of Health and Human Services, this downloadable provider toolkit offers essential information on identifying and treating perinatal mood and anxiety disorders. Toolkit videos address topics such as:

- Why you should care about maternal mental health (MMH)
- How to screen
- Interpreting scores
- Resources for patients and doctors
- MMH 101
- Speaking about MMH
- Comorbidities

Access these other stand-alone resources to help with follow-up care:

- **Maternal Mental Health Screening Algorithm:** An algorithm for using the Edinburgh Postnatal Depression Scale (EPDS) in your practice
- **Depression Resources for Patients and Parents:** A downloadable, standalone resource to connect patients and families with local, national, and online support

Find out how the **Quality Provider Program** can help your clinic implement maternal mental health screenings and follow-up care by contacting either:

- Kari Hardy, RN, Provider Quality Performance Consultant  
[Kari.Hardy@selecthealth.org](mailto:Kari.Hardy@selecthealth.org)
- Chanda Clift, Provider Quality Performance Manager  
[Chanda.Clift@selecthealth.org](mailto:Chanda.Clift@selecthealth.org)

## Contacts

Website: [postpartum.net/](https://postpartum.net/)

Website: [mihp.utah.gov/mmhtoolkit](https://mihp.utah.gov/mmhtoolkit)

