

Maternal Mental Health Depression Resources for Patients and Parents

Depression screening is an important part both of your prenatal care and caring for you and your baby after delivery.

Depression is one of the most common complications of pregnancy, with 1 in 5 women experiencing issues with depression, anxiety, or substance use in the perinatal period (from the time when you become pregnant and up to a year after giving birth).¹ Of great concern, mental health conditions are the leading cause of maternal mortality in the first year postpartum. Death by suicide and overdose/poisoning related to substance use disorder account for 23% of pregnancy-related deaths.² Unfortunately, these preventable complications largely go unrecognized and untreated.

The American College of Obstetricians and Gynecologists (ACOG) recommends depression screening **twice during pregnancy and once in the postpartum period**. Your doctor may recommend that you complete a short screening tool that typically takes **less than 5 minutes** to complete.

When screening is positive, follow-up care is key.

Your doctor can help you determine a treatment plan as well as provide referral resources and educational opportunities.

Learn about the Select Health Healthy Beginnings Program

The **Select Health Healthy Beginnings** program provides the help you need and connects you to the right resources throughout your pregnancy. You'll even receive a pregnancy resource kit that includes:

- Your Guide to a Healthy Pregnancy
- A magnet with information about preterm labor and important phone numbers
- Community resources, such as childbirth and breastfeeding classes, as well as other helpful services for moms-to-be, pregnant members, and expecting parent(s)
- Educational materials with helpful tips, pregnancy facts, information about the monthly growth of your baby, and more
- Extra goodies such as help getting a breast pump after delivery and free online education through Intermountain Health

To provide even more support to help keep you on track, we offer an incentive (depending on the plan type) for seeing your healthcare provider throughout your pregnancy for regular exams.

Use this guide on the next few pages to to connect with local, national, and online support.

REFERENCES:

1. Association of American Medical Colleges. Maternal Mental Health. AAMC website. 2024. <https://www.aamc.org/about-us/mission-areas/health-care/maternal-mental-health#:~:text=Mental%20health%20conditions%20are%20the,of%20these%20deaths%20are%20preventable>. Accessed May 15, 2024.
2. Centers for Disease Control and Prevention. *Press Release: Four in 5 pregnancy-related deaths in the U.S. are preventable*. CDC website: Newsroom. September 19, 2022. <https://www.cdc.gov/media/releases/2022/p0919-pregnancy-related-deaths.html>. Accessed May 15, 2024.



National Hotlines and Programs

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:

- Maternity Care Management Program
- Support and education to optimize health during pregnancy
- Potential gift for completing prenatal and postnatal visits
- Assistance with breastfeeding, including information on how to obtain a free breast pump covered by the member's health plan
- Assistance with claims and benefit questions
- Community resources such as Women, Infants, and Children (WIC) and food and transportation programs, etc.
- Nurse care management support for high-risk pregnancies

Intermountain Behavioral Health Navigation Hotline - Available 7 a.m. to 7 p.m. to speak with a trained caregiver who can connect you with the right resources.

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

- 24/7 free, confidential support before, during and after pregnancy
- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages

Postpartum Support International (PSI) - Support lines and resources in English and Spanish, including resources for fathers. **Get help by:**

- Connecting with a PSI support volunteer to find information, encouragement and connection with local providers and support groups
- Chatting with an expert facilitated by licensed mental health professionals and open to anyone with questions or concerns
- Accessing closed Facebook groups

Contacts

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

- Phone: **866-442-5052**
- Email: commhealthybeginnings@selecthealth.org
- Website: selecthealth.org/providers/resources/caremanagement

Phone: **883-442-2211**

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

- PSI Help Line: **1-800-944-4773, option 1** (en Español) or **option 2** (in English)
- Text "Help" to **800-944-4773** (English) or **971-203-7773** (Spanish)
- Online Help: <https://www.postpartum.net/get-help/>

Local Utah Programs

Family Support Centers – Crisis and Respite Nursery Care

This program provides:

- 24-hour crisis/respice nursery, referral service
- Parenting education to strengthen Utah families
- Services to those in Box Elder, Cache, Weber, Salt Lake, Utah, Carbon, Duchesne, Sevier, Davis, & Grand County

Home Visiting Programs - These programs:

- Provide free home visits with a trained professional to meet pregnant women and young families who want parenting support, information about child development, or to learn more about community resources.
- Serve those in Richfield, Ogden, Salt Lake City, Blanding, Price, & Heber City

Serenity Recovery and Wellness - For those in Riverton or Provo, this postpartum depression treatment center offers:

- Teletherapy visits
- Needed assistance to pregnant women and new mothers
- Additional services such as individual therapy, support groups, parenting partner sessions, and postpartum intensive outpatient program

Reach Counseling - For those in South Jordan, this facility offers:

- Mental health support for pregnancy- or postpartum-related mood disorders, including teletherapy
- Additional services including outpatient counseling, couples counseling, family counseling, intensive outpatient services, yoga mindfulness for moms, and a free support group.

The Healing Group - For those in Midvale and American Fork, this group is a mental health clinic specializing in postpartum depression, anxiety, and other pregnancy and postpartum mood disorders.

Davis Behavioral Health - For those in Davis County, this group offers:

- Behavioral health services
- Postpartum therapy, a free support group, and a mindful motherhood class

Contacts

- Phone: 801-995-9110
- Website: <https://utahfamilysupport.org/>

Website: <https://familyhealth.utah.gov/oec/utah-home-visiting-program/>

- Phone:
 - Riverton: 801-984-0184
 - Provo: 801-984-0184
- Teletherapy visit: <https://www.serenityrw.com/>

- Phone: 801-446-3515
- Website: <https://reachcounselingutah.com/postpartum-depression/>

- Phone: 801-446-3515
- Website: <https://www.thehealinggroup.com/>
- Online Help: <https://www.postpartum.net/get-help/>

- Layton: 801-876-5402
- Visit <https://www.dbhutah.org/mental-health/motherhood/>

Welcome Baby with United Way - For those in Utah, Weber, Box Elder, Summit, Davis, & Salt Lake counties, this free home visitation program promotes healthy, happy, and supportive beginnings for families.

Help Me Grow Utah with United Way - This program provides (in English or Spanish):

- Support for completing a postnatal depression screening over the phone
- A specialist who then discusses appropriate resources/support and completes a follow-up call

Contacts

- Websites:
 - **Utah County:** <https://welcomebabyuc.org/>
 - **Weber, Box Elder, Summit, Davis, and Salt Lake Counties:** <https://uwnu.org/ourprograms/welcome-baby/welcomebaby.html>
- Phone: **801-691-5322**
- Website: <https://www.helpmegrowutah.org/>

Online Resources

- **Utah Office of Maternal and Child Health**— Downloadable Maternal Resource Guide
- **MotherToBaby: Pregnancy and Breastfeeding Exposures** - Overview of environmental exposures, fact sheets, baby blogs, and podcasts
- **The Emily Effect** - A safe place for mothers to share their stories, connect with others, and find resources for families and women suffering from perinatal mood disorders
- **Intermountain Healthcare Women and Newborn – Postpartum Care** - Access to healthcare services to help with Postpartum depression
- **SUNSHINE – Tools for Mental Wellness During and After Pregnancy** - Overview of:
 - **S** (Sleep)
 - **U** (Understand)
 - **N** (Nutrition)
 - **S** (Support)
 - **H** (Humor)
 - **I** (Information)
 - **N** (Nurture)
 - **E** (Exercise)

The site also features nutrition education (in English and Spanish) and information for fathers.

- **PSI Perinatal Mental Health Discussion Tool** - Specific tool addressing loss, available in English and Spanish as well as [support for fathers](#), including a Help Line for dads (**800-944-4773**), a free support group, and PSI coordinator support
- **The Healing Group's The Man Cave** – A free, monthly online meet-up for men to improve their ability to support their partner and new baby through understanding postpartum depression and anxiety.