Maternal Mental Health

75% of people who are impacted by maternal mental health conditions do not seek help

Untreated mental health conditions increase the risk of long term negative impacts on mothers, babies, and families

AI/AN people are at a higher risk for maternal mental health conditions

Suicide and **Overdose** are the top causes of mental health related maternal death

Mental health conditions are a top cause of maternal mortality

Contributing factors can include:

- Lack of culturally appropriate care
- Barriers to care and support
- Structural racism and discrimination

Going to doctor's visits after birth, caring for yourself and your baby, and getting back to normal life can feel like a lot; online apps and services can make that easier. Listed below are a few tools recommended by the Maternal Mental Health Alliance.

Explore Telehealth Options

- **Babyscripts** provides risk recognition and response.
- **Lunajoy** and **Mavida Health** offer therapy and medication management.
- **MammaLift Plus** is the first FDA-approved prescription app to treat MMH symptoms.
- **Pregnancy+** is the #1 pregnancy app in the world.
- **Seven Starling** provides peer support, therapy, and medication management.
- **Soulside** offers group support and 24/7 text chat.

spihb
SOUTHERN PLAINS
TRIBAL HEALTH BOARD

Ways to support your mental health during pregnancy and after birth

- **Take time off from work** - Try to take maternal leave or FMLA leave so you can care for yourself and baby during the first few weeks.
- **Practice self-care** - Find ways to take care of yourself; keep up with daily hygiene routines, ask for help from family and friends to watch the baby for short periods so you can do something you enjoy.
- **Use relaxation and mindfulness techniques** - Find apps for guided meditation, relaxation, and mindfulness tips and techniques.
- **Gather social support** - Have family and friends help with childcare, running errands, household tasks and/or find faith-based or nonprofit organizations that can help provide resources.
- **Seek professional support** - Explore options for getting help from doulas, lactation consultants, home-visiting programs, and counseling if needed.
- **Medication** - Keep up with prescribed medications and ask your primary doctor, OB/GYN or psychiatric provider if you feel the need for additional medications or a change in your prescribed medication.

Scan the QR code for resources

MATERNAL MORTALITY
PREVENTION IN INDIAN COUNTRY