

PRIORITIZING THE MENTAL HEALTH OF MOTHERS AND FAMILIES

www.aha.org/better-health-for-mothers-and-babies

Perinatal mood and anxiety disorders are the single largest complication of pregnancy and childbirth.

5 KEYS TO SUCCESSFUL MATERNAL MENTAL HEALTH PROGRAMS



Timely screening, assessment and intervention



Integrate mental health throughout all aspects of care



Ask patients and families about the care they received



Offer certified training on mental health to support providers



Create a culture of mental health awareness and support

COMMON CHALLENGES AND OPPORTUNITIES



Connect individuals with adequate mental health resources



Address stigma associated with mental illness and treatment



Offer virtual services integrating mental health in all care settings



Establish support groups for patients and families

The American Hospital Association prioritizes work that improves the health of mothers and babies. There is much being done today in hospitals and health systems across the country, and there is much more we must do, particularly for women and families of color. Find additional resources, including case studies, podcasts and webinars, and learn more about this urgent issue.

1. Podcast | [Restoring Maternal Mental Health](#)
2. Webinar | [Strong Mental Well-being for Mothers and Families](#)