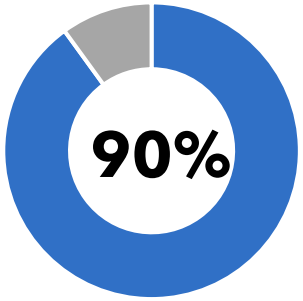
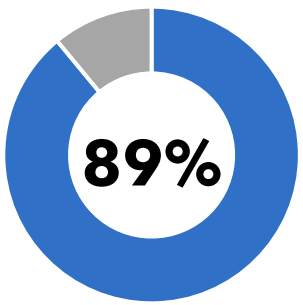
Did you know...

1 in 5 individuals experience perinatal mood and anxiety disorders (PMADs) during pregnancy and postpartum.[1]

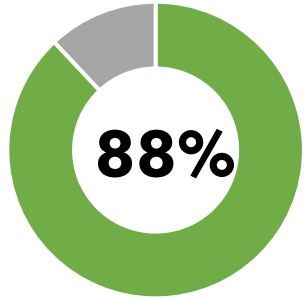
WITH UNIHEALTH FOUNDATION'S SUPPORT, MOMS IS BUILDING COMMUNITY FOR MATERNAL MENTAL HEALTH.



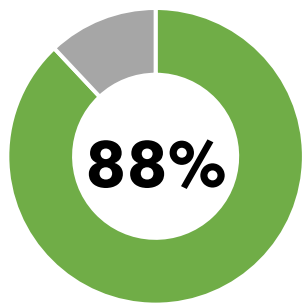
of participants feel confident caring for their mental health.



of participants understand the importance of their mental health.



of participants built skills to manage PMAD symptoms.



of participants felt better able to find support resources.

MOMS engaged ***hundreds of families*** across 3 years, significantly expanding access to specialized mental health care for clients who often face systemic barriers to treatment.

Expanded offerings and wide reach: More than 900 individuals* gained access to mental health educational supports and services over 3 years.

Unprecedented access to specialized care: From 91 sessions in Year 1 to 605 sessions in Year 3, MOMS vastly exceeded its goal to provide expedited access to therapy for program participants who would otherwise have barriers in accessing mental health care.

" [My therapist] helped me reduce my stress, anxiety and depression."

–Participant, One-on-One Therapy

"Recognizing my present, accepting myself and knowing myself to improve, the tools provided were effective and now I improve day by day–not only in communication with myself but with others."

–Participant, One-on-One Therapy

Outcomes data in **blue** reflects self-report findings from surveys collected from the Healthy Woman/ Mujer Sana Group Classes (n=124) across Years 1 – 3.
Outcomes data in **green** reflects self-report findings from surveys collected from the One-on-One Therapy Sessions (n=49) across Years 1 – 3.
*Note: Client count may include counts of individuals multiple times as clients were able to participate in more than one mental health support service.

MOMS
Delivering bright futures

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UniHealth FOUNDATION

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Footnote source below:
[1] https://policycentermmh.org/