

FACT SHEET

March 4, 2021

Maternal Mental Health Advocacy Day



ABOUT MATERNAL MENTAL HEALTH (MMH)

800,000

new mothers are affected by MMH each year in the United States¹⁻³



SUICIDE & OVERDOSE

are the leading causes
of death for new mothers⁴⁻⁶

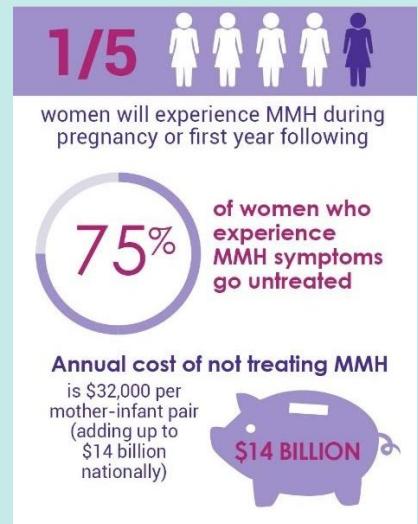
UNTREATED MMH

impacts the mother, baby, family, and society⁹⁻¹⁵

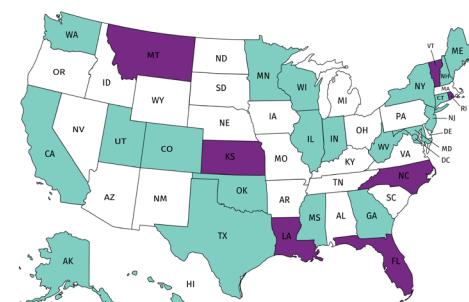


COVID-19

has caused rates of MMH to increase 3-4 times^{7,8}



REQUESTED FUNDING

Maternal Mental Health Hotline	Screening & Treatment of Maternal Depression								
<p>Mothers and families need access to 24-hour specialized voice and text support through a nationally funded hotline to address MMH conditions before they create long-lasting adverse health outcomes for mother and baby.</p> 	<p>This program, funded initially for 2019-2023, provides grants to states to create programs to address MMH conditions. Although 30 states applied, only 7 states received funding due to budget limitations.</p>								
<p>Additional \$2 million will provide text services, culturally-appropriate support, and public awareness.</p>	 <table border="1"> <thead> <tr> <th>Grant Status</th> <th>States</th> </tr> </thead> <tbody> <tr> <td>Applied</td> <td>AK, CA, CO, GA, HI, IL, IN, MD, ME, MN, MS, NY, NJ, OK, UT, VA, WA, WI</td> </tr> <tr> <td>Funded</td> <td>LA, MT, NC, FL</td> </tr> <tr> <td>N/A</td> <td>AR, AZ, DE, FL, HI, IA, ID, IL, ME, MI, MO, ND, NE, NH, OH, OR, RI, SD, TN, VT, VA, WA, WI</td> </tr> </tbody> </table> <p>Additional \$5 million will fund 5 additional state programs and provide technical assistance to non-grantee states.</p>	Grant Status	States	Applied	AK, CA, CO, GA, HI, IL, IN, MD, ME, MN, MS, NY, NJ, OK, UT, VA, WA, WI	Funded	LA, MT, NC, FL	N/A	AR, AZ, DE, FL, HI, IA, ID, IL, ME, MI, MO, ND, NE, NH, OH, OR, RI, SD, TN, VT, VA, WA, WI
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REPORT LANGUAGE

Maternal Mental Health Hotline

The Committee includes \$5 million for the Maternal Mental Health (MMH) Hotline, which is \$2 million above the fiscal year 2021 enacted level. The COVID-19 pandemic has exacerbated MMH conditions, with pregnant women and new mothers experiencing anxiety and depression at rates 3-4 times higher than prior to the pandemic. The MMH Hotline shall provide 24-hour specialized voice and text support that is culturally and linguistically appropriate. The funding shall also be used to raise public awareness about MMH conditions and the Hotline.

Screening & Treatment Program

The Committee includes a \$5 million increase above the fiscal year 2021 enacted level for the Screening and Treatment of Maternal Depression and Related Behavioral Disorders Program (MDRBD). Maternal mental health (MMH) conditions are the most common pregnancy and postpartum complication; however, 75 percent of affected women remain untreated. The COVID-19 pandemic has exacerbated MMH conditions, with pregnant women and new mothers experiencing anxiety and depression at rates 3-4 times higher than prior to the pandemic. MDRBD programs train health care providers to screen, assess, and treat for MMH conditions and provide specialized psychiatric consultation to assist the providers. HRSA shall make grants to establish new State programs, and improve or maintain existing State programs. Grants shall include culturally competent approaches to assist in reducing maternal health inequities. The Committee recognizes the high need amongst States and directs MDRBD to provide technical assistance to non-grantee states.

CITATIONS

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