

Mom★ CONGRESS™



Maternal mental health disorders like postpartum depression are the #1 most common complication of childbirth.

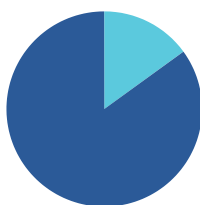
Up to **1 in 5**

women will suffer from a maternal mental health disorder like postpartum depression¹



less than **15%**

of women receive treatment²



1 in 7

will experience depression during pregnancy³



Up to **50%**

of women living in poverty will suffer from a maternal mental health disorder^{4,5}



NOT JUST MOMS

Maternal mental health disorders impact the whole family, not just women⁶



More Than **600,000**

women will suffer from a maternal mental health disorder in the United States every year⁷



Anxiety and depression have risen

37% in teen girls

This will increase the number of women suffering postpartum depression in the future⁵



1 in 10

Dads will experience a perinatal mental health disorder following the birth of their child.⁶



Who are we?

Moms from all across the country with varied backgrounds, professions, ethnicities, and worldviews are coming together to recognize the power of a collective voice and the importance of family-centered policies.

Mom-Congress.com

1. CDC Depression among Women, <https://www.cdc.gov/reproductivehealth/depression/index.htm>. Accessed April 25, 2019. 2. Byatt N, et al. Enhancing participation in depression care in outpatient perinatal care settings: a systematic review. *Obstet Gynecol.* 2015;126(5):1048-1058. 3. Black R. Depression During Pregnancy: Millennials Suffer More than Previous Generation, <https://www.psychom.net/depression-pregnancy>. Accessed April 19, 2019. 4. Dolbier CL, et al. Relationships of race and socioeconomic status to postpartum depressive symptoms in rural African American and non-Hispanic white women. *Matern Child Health J.* 2013;17(7):1277-87. 5. Chung EK, et al. Maternal depressive symptoms and infant health practices among low-income women. *Pediatrics.* 2004;113(6):e523-e9. 6. Kim P, Swain JE. Sad dads: paternal postpartum depression. *Psychiatry.* 2007;4(2):35-47. 7. O'Hara MW, Engeldinger J. Treatment of postpartum depression: recommendations for the clinician. *Clinical Obstetrics and gynecology.* 2018 Sep 1;61(3):604-14. 8. Mojtabai R, et al. National trends in the prevalence and treatment of depression in adolescents and young adults. *Pediatrics.* 2016 Dec;138(6).