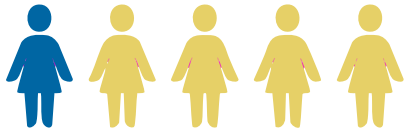


Mission Spotlight: Maternal Mental Health

In 2016, HMHB developed programming to support the **one in five women** who will experience depression and other mood and anxiety disorders during and after pregnancy.



Through screening, peer-to-peer support groups, individualized care coordination, and training for health professionals, Circle of Moms provides a lifeline for those affected by the often unrecognized and untreated symptoms of maternal mental health disorders.



Why It Matters

According to Postpartum Support International, **85% of women who meet criteria for a mental health condition do not receive treatment.** If left untreated, these issues can have negative impacts on mothers and babies, including eating difficulties, sleep problems, bonding or relationship issues, and behavioral challenges.

How We Are Different

Our Circle of Moms program is available to all pregnant and postpartum families in Palm Beach County. There are no eligibility requirements related to income, insurance, or employment status. Whether a mom is seeking support for significant mental health challenges or simply looking for community, we are here for families in every phase of their journey.

As we've grown over the years, we've begun offering support specifically for dads, groups that help couples prepare for the transition to parenthood, families that have experienced loss, and spaces for teen moms to connect with peers for advice and guidance.

All groups are facilitated by an HMHB team member with mental health credentials.

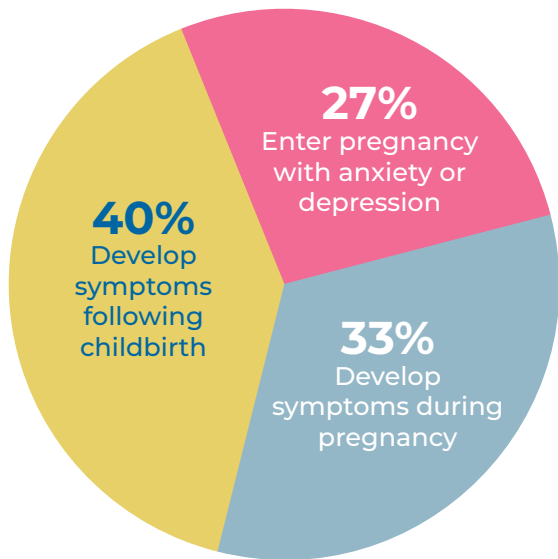


**Healthy Mothers,
Healthy Babies**

Coalition of Palm Beach County

Even if a person has never experienced mental health issues before pregnancy, they can be developed at any stage of the perinatal journey.

Of women who experience anxiety or depression in the postpartum period:



*Maternal Mental Health Leadership Alliance, 2025

HMHB has trained

2,871

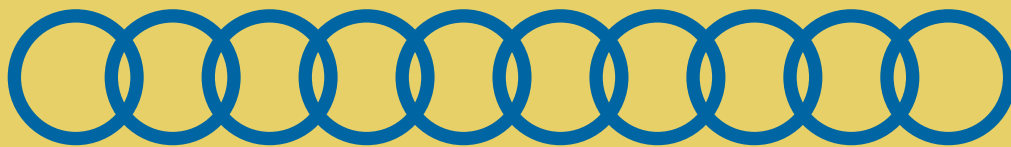
health professionals and students on perinatal mood and anxiety disorders.

81.5% reported increased knowledge of perinatal mood and anxiety disorders.

Trainings are available to students and professionals to increase awareness of the signs, symptoms, and treatment options for perinatal mood and anxiety disorders.

On request, trainings can be tailored to meet the needs or interests of any group.

The Power of Community



99.4% of group participants reported lessened depressive symptoms after attendance.

1 in 4

pregnancies end in loss.

1 in 160

pregnancies end in stillbirth.

no one

should go through it alone.

We are committed to meeting families where they are.

We became the Palm Beach County Chapter of Share Pregnancy & Infant Loss Support to ensure those affected by loss had a resource for connection, community and healing.

No matter what stage of processing a person may be in, all are welcome to join a virtual or in-person group.

To connect, visit hmhpbpc.org/share.

Take Action for Moms and Mental Health!



Tell a friend about Circle of Moms



Give to programs that support perinatal health



Share the stats to reduce the stigma



Take care of yourself!

Visit hmhpbpc.org/supportgroups to learn more.