

Maternal Mental Health



According to a systematic review published in JAMA Psychiatry, the risk of suicide is significantly elevated in the first year after childbirth compared to other periods in a woman's life. The review found that suicide accounted for nearly 20% of postpartum deaths, emphasizing the importance of addressing mental health concerns during the perinatal period.

Increased anxiety during pregnancy and in the postpartum period is highly prevalent. Despite the decrease in anxiety levels after childbirth, one in five women is highly anxious postpartum.¹

What can we do?

ADDRESS STIGMA

Mental health stigma can prevent women from seeking help. By receiving education on mental health, obstetrics, and nursing professionals can reduce stigmatization and create a safe and supportive environment for women to discuss their mental health concerns.

RELEVANT COURSES:

Mental Health Competency 1, 2, and 3

CMEs: 1 Hour | American Nurses Credentialing Center (ANCC)

ASSESS FOR SUICIDE RISK

As part of routine care, obstetricians and nurses should be knowledgeable about suicide risk factors and be able to assess patients for suicidal ideation. Identifying at-risk individuals and connecting them with mental health resources can be life-saving.

RELEVANT COURSES:

Suicidal Behavior Competency

CMEs: 1 Hour | Accreditation Council for Continuing Medical Education (ACCME) & American Nurses Credentialing Center (ANCC)

¹Nakić Radoš S, Tadinac M, Herman R. Anxiety During Pregnancy and Postpartum: Course, Predictors and Comorbidity with Postpartum Depression. Acta Clin Croat. 2018 Mar;57(1):39-51. doi: 10.20471/acc.2017.56.04.05. PMID: 30256010; PMCID: PMC6400346.

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