

# 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.

As a Green Ribbon provider, Simply and CHA has contracted with Psych Hub to provide you with **complimentary** mental health training and resources.

## What can we do?

### 1. Address stigma:

Mental health stigma can prevent women from seeking help. By receiving education on mental health, OBGYN and PCP Green Ribbon providers can reduce stigmatization and create a safe and supportive environment for women to discuss their mental health concerns.

#### Relevant courses:

##### Collaborative care model

CMES: 3.75

Accreditation council for continuing medical education (ACCME)

### 2. Assess for suicide risk:

As part of routine care, OBGYNs and PCPS 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: 1.00

Accreditation council for continuing medical education (ACCME)



### 3. Create your account in less than two minutes by following the steps below:

- a. Go to **[app.psychhub.com/signup/FLSimply-MHP](https://app.psychhub.com/signup/FLSimply-MHP)**.
- b. Complete *Let's Get Started* section.
- c. Mark box to agree to Terms of Use.
- d. Select **Sign Up**

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