

# Maternal Mental Health

August 2025

## What does maternal mental health mean?

Maternal mental health refers to a pregnant or postpartum woman's overall emotional, social, and mental well-being. Pregnancy and the postpartum period often leaves mothers and their newborns vulnerable to mental health conditions, which are commonly referred to as perinatal mood and anxiety disorders (PMADs) or maternal mental health conditions (MMHC). Certain conditions can impact the health and safety of both mother and child.

## Examples of maternal mental health conditions (MMHC)

### MMHCs can include:

- Baby Blues (80% of new mothers experience this. Symptoms should last a max of 1 to 2 weeks.)
- Depression
- Post-traumatic stress disorders (PTSD)
- Anxiety disorders
- Borderline personality disorder
- Obsessive-compulsive disorder
- Bipolar disorder
- Psychosis

### Common Symptoms can include:

- Frequent mood swings
- Loss of appetite
- Feeling numb or detached from reality
- Feelings of hopelessness and despair
- Feelings of extreme irritability
- Difficulty staying focused
- Excessive feelings or worry
- Thoughts of hurting yourself or your baby (or have self-harmed)



## Fast Facts

- Maternal mental health conditions are the most common complications that pregnant women experience
- Mental health conditions are a leading cause of maternal mortality
- MMHCs are caused by multiple biological, psychological, and social factors (i.e. genes, stress, trauma, emotions, etc.)
- Non-birthing parents (fathers, grandparents, guardians, etc.), are also at risk for experiencing mental health conditions
- The Indiana chapter of Postpartum Support International (PSI) provides a comprehensive list of support programs and resources. Scan the QR code for more information!



# Treatment options for MMHC

*"You are not alone. You are not to blame. With help, you will well." (Postpartum Support International)*

## Medication

Talk to your doctor or maternity care provider about options. There are many that are pregnancy and breastfeeding safe.

## Therapy/Counseling

Talking to a therapist or counselor can help you find ways to manage your emotions and cope with your experience.

## Peer/Social Support

Discussing with others who share your feelings and experiences can be helpful in navigating your pregnancy and discovering resources you can use for added support. **See the links below** to access in-person and virtual support groups for those experiencing MMHCs.



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## Resources

Hoosier Healthwise: [Link](#)

PSI Support Groups: [Link](#)

HIP: [Link](#)

Centering Sites in Indiana: [Link](#)

My Healthy Baby: [Link](#)

Digital Storytelling Project: [Link](#)

Moms Helpline: [Link](#)

Telehealth for Maternal Health Services: [Link](#)

## If You're Experiencing an Emergency:

**Call 911 or travel to the nearest emergency room**

**National Suicide Prevention Hotline**

1-800-273-8255

**National Crisis Text Line**

Text HOME to 741741

**National Maternal Mental Health Hotline**

1-833-TLC-MAMA (1-833-852-6262)

**Postpartum Support International (PSI)**

800-944-4773 (Call)

503-894-9453 (Text)



**Indiana**  
Department  
of  
**Health**