



Mental Health Support for Pregnancy and Postpartum Women

The Michigan Child Collaborative Care (MC3) perinatal program has resources for mental wellbeing during pregnancy and postpartum. Please see the attached flyer for details.

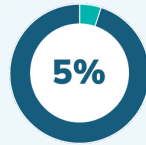
This flyer will also be posted on our website. Visit hap.org/empoweredproviders, then *Maternity Resources*.



Supporting Mental Wellbeing During Pregnancy and Postpartum



20% of pregnant and postpartum women experience depression or anxiety



5% of women receive adequate mental health care



90% of pregnant and postpartum women wish to receive mental health care from their OB providers

HOW CAN MC3 PERINATAL HELP?



MENTAL HEALTH SUPPORT FOR PREGNANT & POSTPARTUM WOMEN

Patients can connect with a licensed Behavioral Health Consultant who will address their needs and create a plan, which may include:

- Short-term therapy
- Connection to community resources
- Talking with doctor
- Follow up calls, texts, emails, or video chats



SAME-DAY PSYCHIATRY CONSULTATIONS FOR PROVIDERS

Providers can receive **no cost psychiatry support** for their perinatal patients through same-day phone consultations. Support can include guidance on diagnostic questions, safe medications, and appropriate psychotherapy.

DOES IT WORK?

Yes. Clinical depression and anxiety drops by 50% in the first month of services.

- Each new patient is discussed in weekly panel review with psychiatrist.
- Medication recommendations are communicated to OB provider within one week in 88% of cases.
- Updates to the OB provider about patient care is communicated three times, on average.

SCAN TO SIGN UP

Or sign up on our website. For more information:

VISIT: www.MC3Michigan.org

EMAIL: MC3-admin@med.umich.edu

CALL: 844-828-9304



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