

Perinatal Mental Health Roundtable 2: Information Sheet

What Are Perinatal Mental Health Conditions?

Perinatal mental health conditions are a group of illnesses that can occur during pregnancy and up to one year postpartum. These are treatable medical conditions—not character flaws or signs of weakness.

Common Perinatal Mental Health Diagnoses and Symptoms

Perinatal Depression	Persistent sadness, hopelessness, loss of interest and fatigue
Perinatal Anxiety	Excessive worry, racing thoughts, physical symptoms like heart palpitations
Perinatal OCD	Intrusive thoughts, compulsive behaviors, often centered on infant safety
Bipolar Mood Disorder	Depression, mania, impulsiveness, poor judgement, grandiose thoughts
Perinatal PTSD	Flashbacks, hypervigilance, avoidance—often linked to traumatic birth
Perinatal Psychosis	Medical emergency; includes delusions, hallucinations, disorganized thinking

Prevalence of Perinatal Mood and Anxiety Disorders (PMAD)

- 1 in 5 birthing people experience a PMAD
- 1 in 10 dads experience a PMAD
- PMADs are the #1 complication associated with childbirth
- PMADs are a leading cause of Maternal Mortality
- Rates are higher among BIPOC communities
- PMADs can affect partners and non-birthing parents

Maternal Mental Health Support Programs and Solutions to Overcome Stigma

- **Project TEACH:** projectteachny.org (855) 227-7272 Request a Service: projectteachny.org/contact-us
- **Postpartum Resource Center of New York:** postpartumny.org • pospartony.org • (855) 631-0001

Hotlines

National Maternal Mental Health Hotline

- 1-833-TLC-MAMA (1-833-852-6262) 24/7, Free, Confidential Hotline (Call or Text)
- mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline

988 Suicide and Crisis Lifeline

- 988 Call or Text, 24/7
- 988lifeline.org/get-help

Specialty Treatment Resources

- **Zucker Hillside Hospital – Northwell Health** | Inpatient Unit Perinatal Program, Glen Oaks, New York. 718-470-4MOM (4666) | zucker.northwell.edu/womens-behavioral-health
- **The Motherhood Center of New York** Perinatal Day Program (virtually and in person), New York City, 212-335-0034 themothhoodcenter.com
- **Healthy Moms, Healthy Babies Perinatal Mental Health Clinic**, Syracuse, New York, 315-426-7783 | New York State OMH operated perinatal mental health clinic.
- **The Child Center of NY's Macari Perinatal Intensive Outpatient Program**, Flushing, New York, 929-456-7956 | An Initiative of New York State Office of Mental Health (OMH) | childcenterny.org/macari-perinatal-intensive-outpatient-program

Panelists' Support Programs

- **NYC Health + Hospitals Domestic and Gender-Based Violence Mental Health Initiatives** nychealthandhospitals.org/services/domestic-and-gender-based-violence
- **New York State Perinatal Association (NYSIPA)** | nysperinatal.org
- **Postpartum Resource Center of New York: Parental Mental Health: Finding the Help You Need** | postpartumny.org
- **Public Health Solutions Family Connect's EMPATHS Program: Enhanced Perinatal Mental Health Spectrum of Support** | healthsolutions.org
- **University of Rochester Integration of Collaborative Mental Health Care in a University-Based Obstetric Practice** ellen_tourtlot@urmc.rochester.edu
- **Wuttahminneoh Birth Work** | heartberrybw@gmail.com

Learn More About Maternal Mental Health in New York State

- omh.ny.gov/omhweb/maternal-depression
 - health.ny.gov/community/pregnancy/health_care/perinatal/perinatal_depression.htm
 - governor.ny.gov/news/governor-hochul-announces-new-york-states-first-ever-report-maternal-mental-health
- Programs, Policies, and Initiatives (see page 102)
- behavioralhealthnews.org/stigma