



Maternal Mental Health and Stigma Reduction Roundtable Discussion Series



Roundtable 1

Understanding Maternal Mental Health and Stigma

Co-Sponsored By

BEHAVIORAL HEALTH NEWS



**Office of
Mental Health**

Housekeeping and Continuing Education Information

- This roundtable is being recorded. The recording and presentation slides will be available to view and download after this session.
- Type your questions into the Q&A window as you think of them. We will be compiling them for the Q&A period at the end of the session. The Chat is open for interaction and networking, but please do not use it for questions.
- For those applying for CEUs, a survey will be emailed to you after the event. **You must complete survey by Nov 20th to receive CEUs.** You can expect CEU certificates **1-2 months** after the event via email.
- Please email CEU questions to: Karin.wagner@omh.ny.gov

Continuing Education Statements

“New York State of New York Office of Mental Health is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists **#PSY-0122**, psychologists who attend this class in its entirety will receive **2.5** contact hours toward renewal of their psychology license.”

“State of New York Office of Mental Health SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers **#0227**. Licensed Master Social Workers (LMSWs) and Licensed Clinical Social Workers (LCSWs) who attend this class in its entirety will receive **2.5** contact hours toward renewal of their social work license.”

Upcoming Roundtable Discussion

Roundtable 2

“Maternal Mental Health Support Programs and Solutions to Overcome Stigma”

November 20th, 2025, 1:00PM – 3:30PM EST

Registration and Details: Behavioralhealthnews.org/stigma

Meet the Panelists

Kristina M. Deligiannidis, MD, Director, Women's Behavioral Health, Zucker Hillside Hospital, Northwell Health, Medical Director, Reproductive Psychiatry, Project TEACH NY

Kriti Lodha, Marketing Executive and Advisor, Board of Directors at Postpartum Support International

Brittain Mahaffey, PhD, Assistant Professor of Psychiatry and Behavioral Health, Women's Mental Health Integration Lead, Dialectical Behavior Therapy Program Director, Stony Brook Medicine

Lauren M. Osborne, MD, Associate Professor of Obstetrics and Gynecology, Associate Professor of Psychiatry, Vice Chair for Clinical Research in Obstetrics and Gynecology, Weill Cornell Medicine

Ashanda Saint Jean, MD, FACOG, Associate Professor of Obstetrics and Gynecology, Co-Chair of the NY City Department of Health and Mental Hygiene, Maternal Mortality Review Committee

What Are Perinatal Mental Health Conditions?

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

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 Obsessive Compulsive Disorder (OCD)	Intrusive thoughts, compulsive behaviors, often centered on infant safety
Bipolar Mood Disorder	Depression, mania, impulsiveness, poor judgement, grandiose thoughts
Perinatal Post-traumatic Stress Disorder (PTSD)	Flashbacks, hypervigilance, avoidance—often linked to traumatic birth
Perinatal Psychosis	Medical emergency; includes delusions, hallucinations, disorganized thinking with increased risk of suicide and infanticide

Mental Health Stigma is Harmful and Exists in Multiple Forms

Types of Stigma

- **Public Stigma:** Stereotypes, prejudice, and discrimination endorsed by the general population.
- **Self Stigma:** Shame, low self-esteem, and lack of engagement in treatment. Internalized public stigma.
- **Structural Stigma:** Prejudice and discrimination through policies, laws, and constitutional practices.

Most Effective Approaches to Stigma Reduction

Contact

Exposure to lived-experiences, sharing stories, challenges and successes.

Educate

Replace inaccurate stereotypes with facts about mental illness and recovery.

Advocate

Don't ignore prejudice and discrimination, speak out when they occur.

Approaches to Address Stigma in Maternal MH

- Raise awareness
- Educate about these conditions
- Foster open discussions
- Ensure available resources for all those affected

Desired Outcomes

- Open discussions without fear or judgement
- Reduced self-stigma
- Increased help-seeking among people with mental health conditions
- Greater prevalence of affirming attitudes among the general public

Resources

View This Special Issue of Behavioral Health News

“Supporting Maternal Mental Health and Reducing Stigma”

[Behavioralhealthnews.org/bhn-summer-2025-issue](https://behavioralhealthnews.org/bhn-summer-2025-issue)

Visit the New York State Office of Mental Health Maternal Mental Health Resources

<https://omh.ny.gov/omhweb/maternal-depression/>

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Panelists

Obianuju “Uju” Berry, MD, MPH, Director of NYC Health + Hospitals Domestic Violence Mental Health Initiatives, Clinical Associate Professor, Department of Child and Adolescent Psychiatry, NYU

Ahna Red Fox, Tribal Citizen of the Shinnecock Nation, Founder of Wuttahminneoh Birth Work, Full Spectrum Indigenous Birth Worker (doula), Indigenous Lactation Counselor

Sonia Murdock, PMH-C, Executive Director and Co-Founder, Postpartum Resource Center of New York

Dariann Raven Rickerson, MPH, Program Manager, PCORI Maternal Health Equity Study, Public Health Solutions

Ellen Tourtelot, MD, Associate Professor Emeritus, University of Rochester Medical Center