



## MAY BRINGS A FOCUS ON MATERNAL MENTAL HEALTH

***May is Maternal Health month and during this month, we encourage you to put an additional spotlight on what we can do to support Maternal Mental Health in our work.***

According to a recent study conducted and published by The Policy Center for Maternal Mental Health, in collaboration with the George Washington University, Maternal Mental Health disorders affect roughly 600,000 (20%) of U.S. mothers a year, with Black and other individuals of color who are pregnant/postpartum experiencing substantial disparities in rates and access to care. Although maternal depression screening is recommended by ACOG and the USPSTF, it is estimated that up to 50% of mothers are not diagnosed by a health care professional, and that 75% of individuals who are pregnant/postpartum never get the treatment they need. An [inaugural report card](#) on the state of maternal mental health shares more details on the matter, state-by-state. Ohio is one of 42 states that received a grade of D or below.



perinatal outreach  
& encouragement



There are resources and support information available to offer support to moms and families, including information from [Ohio POEM](#) (Perinatal Outreach and Encouragement for Moms) and the [Centers from Disease Control](#). The National Mental Health Crisis Support offers trained counselors 24/7 via the U.S. Suicide & Crisis Lifeline by calling or texting 988 and online at [U.S. Suicide & Crisis Lifeline](#); the Crisis Text Line also offers trained volunteer

crisis counselors by texting HOME to 741-741 or online at [www.crisistextline.org](http://www.crisistextline.org).

### COMPASSIONATE, RESPECTFUL AND EQUITABLE CARE

A CONVERSATION HOSTED BY OHIO PERINATAL QUALITY COLLABORATIVE



REGISTER FOR **JUNE 1ST** | 12pm-1pm EST



Zsakeba Henderson  
MD



Greg Braylock



Kamilah Dixon  
MD



Jazmin Long  
MSSA

Hear from our panelist of experts!

Panelists are **Zsakeba Henderson MD**, maternal health expert and founder of Equity, Safety and Wellbeing Consultants; **Greg Braylock**, Chief Diversity, Equity and Inclusion Officer at ProMedica and Chair, Ohio Hospital Association DEI Roundtable. **Kamilah Dixon MD**, Ohio State University and Faculty, OPQC; and **Jazmin Long**, MSSA, Birthing Beautiful Communities, Cleveland.

[REGISTER HERE](#)

**We look forward to seeing you Thursday, June 1 from noon to 1pm.**