

Welcome!

We are so glad you are here!

We will get started shortly.
In the meantime, we invite you to
intentionally enter this space.



Silence your cell
phone



Stretch



Close the door



Take a few deep
breaths



Close browser
windows



Emotionally release
your to-do list



Check your audio
and video



Take a bio break

Maternal Mental Health Webinar Series *Part 1*

Wednesday, July 1, 2026 | 2:00 – 3:00 PM ET

Maternal Mental Health Webinar Series

Part 1: Wednesday, July 1

The Healthy Start TA & Support Center is operated by the National Institute for Children's Health Quality (NICHQ). This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number 1 UF5MC327500100 titled Supporting Healthy Start Performance Project.

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National Institute for
Children's Health Quality

Agenda

Welcome

Tess Pierson, MS | Healthy Start TASC

Session Overview

Melodye Watson, MA, LCSW-C | HRSA

Perinatal Mental Health Signs and Symptoms Resources for Providers and Families

Wendy Davis, PhD, PMH-C | Postpartum Support International

National Maternal Mental Health Hotline (NMMHH)

Whitney Wiggins, MA | HRSA

Q&A

Melodye Watson, MA, LCSW-C | HRSA

Closing

Tess Pierson, MS | Healthy Start TASC





Session Overview

Melodye Watson, MA, LCSW-C

**Behavioral Health Leader, Division of
Healthy Start & Perinatal Services
(DHSPS), MCHB, HRSA**

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Perinatal Mental Health Signs and Symptoms Resources for Providers and Families

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Perinatal Mental Health Signs and Symptoms Resources for Providers and Families Healthy Start Presentation



www.postpartum.net (c) 2026

Wendy N Davis, PhD, PMH-C
Postpartum Support International

www.postpartum.net

July 1, 2026



POSTPARTUM SUPPORT
INTERNATIONAL

Support | Resources | Training Connection

www.postpartum.net

Helpline 1-800-944-4773

Psychiatric Consult Line 1-877-499-4773

PMHD Prevalence

- ▶ Research says - about 80% of new mothers experience normal “baby blues” in the first few weeks after the baby arrives.
- ▶ At least 1 in 7 mothers experience serious depression or anxiety during pregnancy or postpartum.
- ▶ 1-2 out of 1,000 have postpartum psychosis.
- ▶ 1 in 10 fathers experience PPD





Suicide is one of the leading causes of maternal death

Definition: Perinatal Mental Health Disorders

- ▶ Can begin any time during or after pregnancy, including loss
- ▶ Might merge with baby blues or start later
- ▶ Onset any time in the first year postpartum
- ▶ Common triggers for later onset
 - Hormonal Triggers
 - Rapid Weaning
 - Hormonal birth control
 - Increased family stress
 - Return to work
 - Illness or hospitalization
 - Loss and grief



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Types of Perinatal Mental Health Disorders (PMHDs)

Prenatal Depression or Anxiety

Major Postpartum Depression

Postpartum anxiety or panic disorder

Post-Traumatic Stress

Perinatal OCD

Bipolar Disorders

Postpartum Psychosis



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Don't Forget the Partners

- ▶ Partners also experience stress, anxiety, and depression.



Postpartum Anxiety & Panic

“I finally told my husband that he and my daughter would be better off without me—that I was not a good mother or wife. I felt like things were never going to get better—that I would never feel happy again. The only way out was to die.”



...“I am going to act as though everything is fine and I am terrified of what lies ahead.”

Postpartum Psychosis

- 1-2 per thousand births
- Early Onset – usually first two weeks
- Delusions (e.g. baby is possessed by a demon)
- Hallucinations (e.g. seeing someone else's face instead of baby's face)
- Insomnia
- Confusion/disorientation
- Rapid mood swings
- Waxing and waning (can appear and feel normal for stretches of time in between psychotic symptoms)

OCD vs Psychosis: Low Risk vs. High Risk of Harm

Low Risk – Anxiety and OCD

- Mother doesn't want to harm baby
- Extreme anxiety related to thoughts
- Mother has taken steps to protect baby
- Mother has no delusions or hallucinations related to harming baby



OCD vs Psychosis:

Low Risk vs. High Risk of Harm

High Risk – Psychosis

- Mother has delusional beliefs about the baby; e.g. that the baby is a demon or supernatural
- Thoughts of harming baby are ego-syntonic (mother thinks they are reasonable and/or feels tempted to act on them)
- Appears to have less anxiety when indulging in thoughts/behaviors

PSI Motto

▶ **You are not alone**

- Other mothers and fathers experience this
- Connection and support will help you

▶ **You are not to blame**

- This is not something you caused
- This is not a reflection of your ability as a parent

▶ **With help, you will be well**

- All symptoms are treatable
- It is a sign of strength to reach out
- It will get easier



Get Help

PSI Helpline:

1-800-944-4773

#1 En Español or #2 English

OR TEXT:

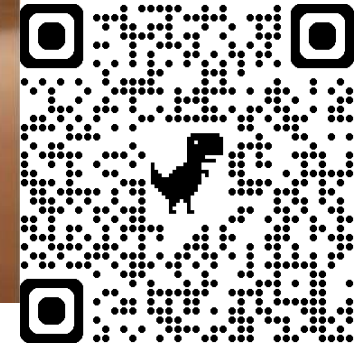
English: 503-894-9453

Español: 971-420-0294

[FIND LOCAL RESOURCES](#)

*The PSI Helpline does not handle emergencies. People in crisis should call their local emergency number or the National Suicide Prevention Hotline at 1-800-273-TALK (8255).

- ▶ English & Spanish Support to Families
 - Helpline → local support volunteers and referrals
 - Online PMH Provider Directory
 - Online Support Groups
 - Peer Mentors
 - "Chat with an Expert" Phone Forums For Moms and Dads
 - PSI Helpline connects with MMH Hotline or 988 as needed
 - <https://postpartum.net/get-help/for-you/>



PSI Perinatal Mental Health Alliance for People of Color

Vision: To provide a safe space for clients, families, and professionals of color around perinatal mental health. Every person of color will be heard and supported around perinatal emotional wellness.

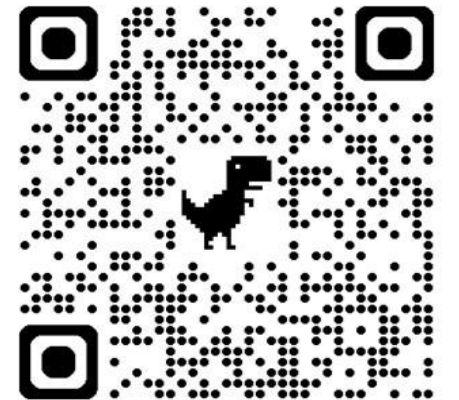
<https://postpartum.net/alliance/>



PSI Peer Mentor Program



- ▶ Matching 1:1 for peer support
- ▶ Ongoing training and guideline for mentors
- ▶ FB Groups for mentors and for mentees
- ▶ Moms, Dads, Parents
- ▶ peermentor@postpartum.net



PSI ONLINE SUPPORT GROUPS SCHEDULE



WEEKLY GROUPS:

- MON:**
- Perinatal Mood Support for Moms
 - Loss Support for Parents
 - Postpartum Psychosis Support for Moms
 - Desi Chaat (South Asian Moms)
 - Pregnancy After Loss

- TUE:**
- Perinatal Mood Support for Moms
 - Perinatal Mood Support for Parents
 - Apoyo Perinatal
 - Black Moms Connect
 - Pregnancy Mood Support

- WED:**
- Military Moms (Pregnancy & Postpartum)
 - Perinatal Mood Support for Moms
 - Queer & Trans Parents
 - Pregnancy Mood Support

- THU:**
- Perinatal Mood Support for Moms
 - NICU Parents
 - Fertility Challenges
 - Termination for Medical Reasons

- FRI:**
- Perinatal Mood Support for Parents
 - Pregnancy & Infant Loss for Moms

- SUN:**
- Black Moms Connect
 - Perinatal Mood Support for Moms

MONTHLY GROUPS:

- 1ST:**
- 1st Sunday - Support for Families Touched by PPP
 - 1st Monday - Birth Moms

- 2ND:**
- 2nd Monday - Support for Families After Maternal Death

- 3RD:**
- 3rd Wednesday - Mindfulness

BI-MONTHLY GROUPS:

- 1st & 3rd Tuesday - Perinatal OCD Support for Moms
- 1st & 3rd Friday - Dads Support
- 1st & 3rd Sunday - Perinatal Mood Support for Parents

- 2nd & 4th Wednesday - Special Needs & Medically Fragile Parenting
- 2nd & 4th Thursday - Pregnancy & Infant Loss for Parents

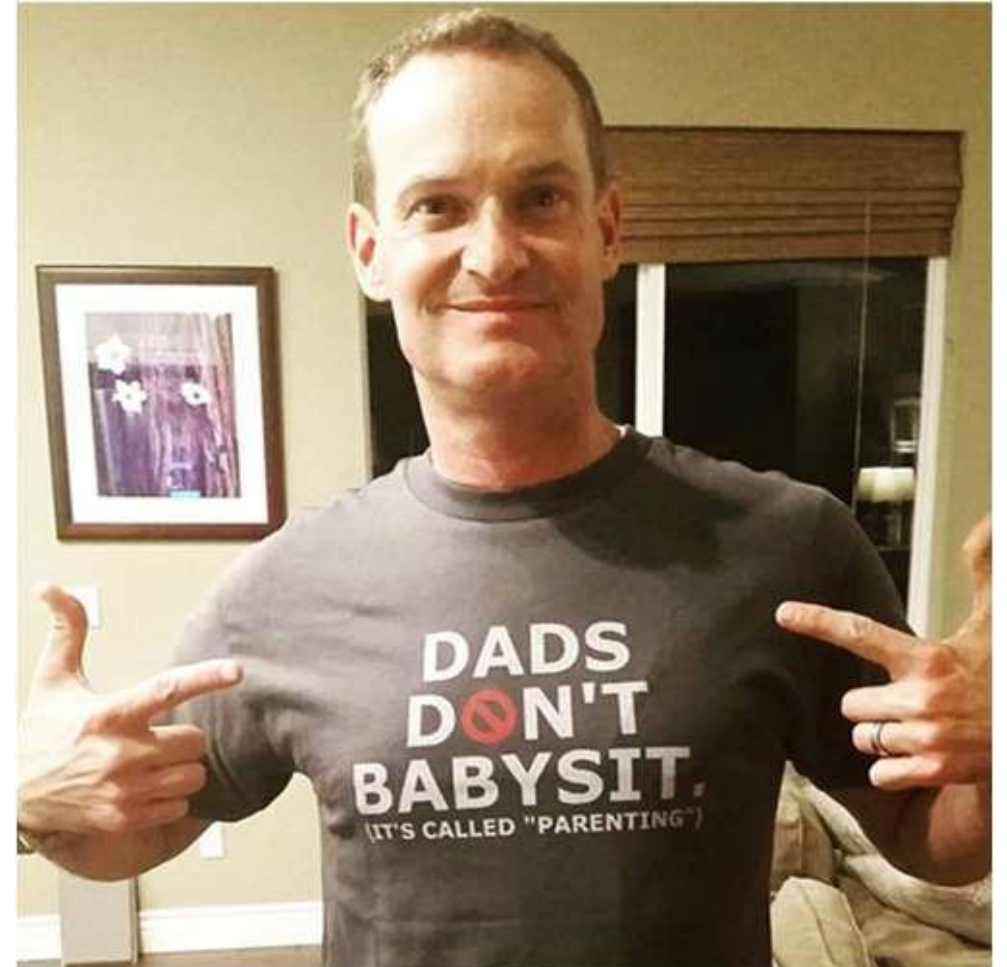
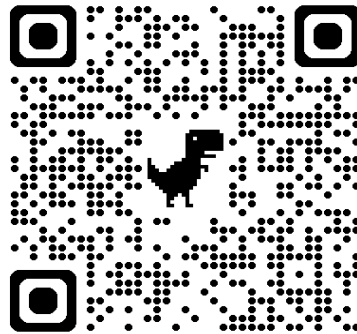
**SCAN HERE FOR
UP-TO-DATE
SCHEDULE**



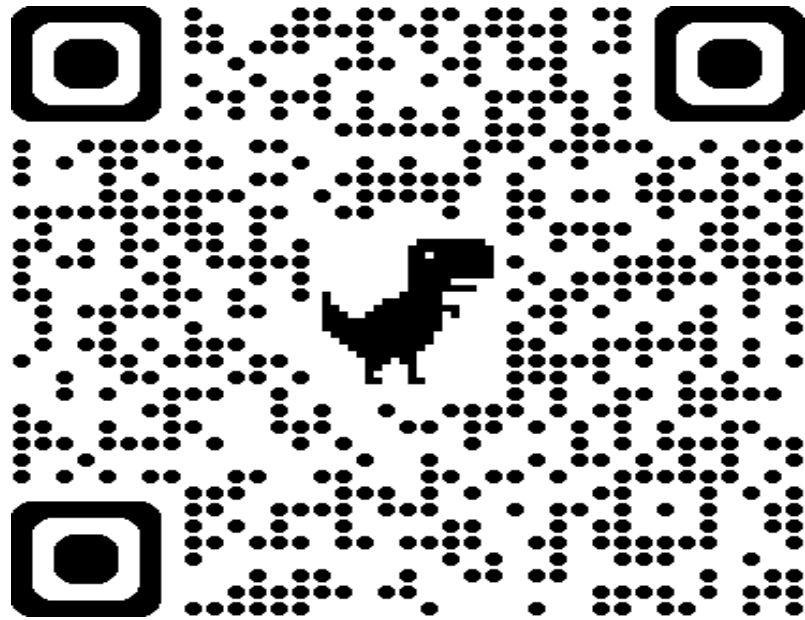
Support For Fathers

- ▶ PSI Dad's Chat with an expert on first Mondays at 8:00p.m. Eastern

- ▶ postpartum.net/get-help/help-for-dads/



PSI State Chapters



- <https://psichapters.com>
- PSI State Chapters serve as a bridge between families, providers, and communities
- Anyone can join – families, helpers, advocates

Connecting with Resources

Download “Connect by PSI”
in Apple Store or Google Play
English and Spanish

Download the app

Connect with PSI for:

- Support Groups
- Social Media
- Trained Providers
- HelpLine (and Hotlines)
- Information about Perinatal Mental Health Disorders

PSI

Connect by PSI

Download on the **App Store**

GET IT ON **Google Play**

PSI POSTPARTUM SUPPORT INTERNATIONAL

Our Services

I want to talk to someone

I want to learn more

Home **Groups** **Material** **More**

PSI Educational DVD

Healthy Mom, Happy Family

Order this 13-minute DVD

www.postpartum.net/resources/psi-educational-dvd/

Stream or Buy Online

<https://vimeo.com/ondemand/postpartumvideo>



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Postpartum Support International Contact Information

Connect with Peer Support, Groups, And Community Navigation

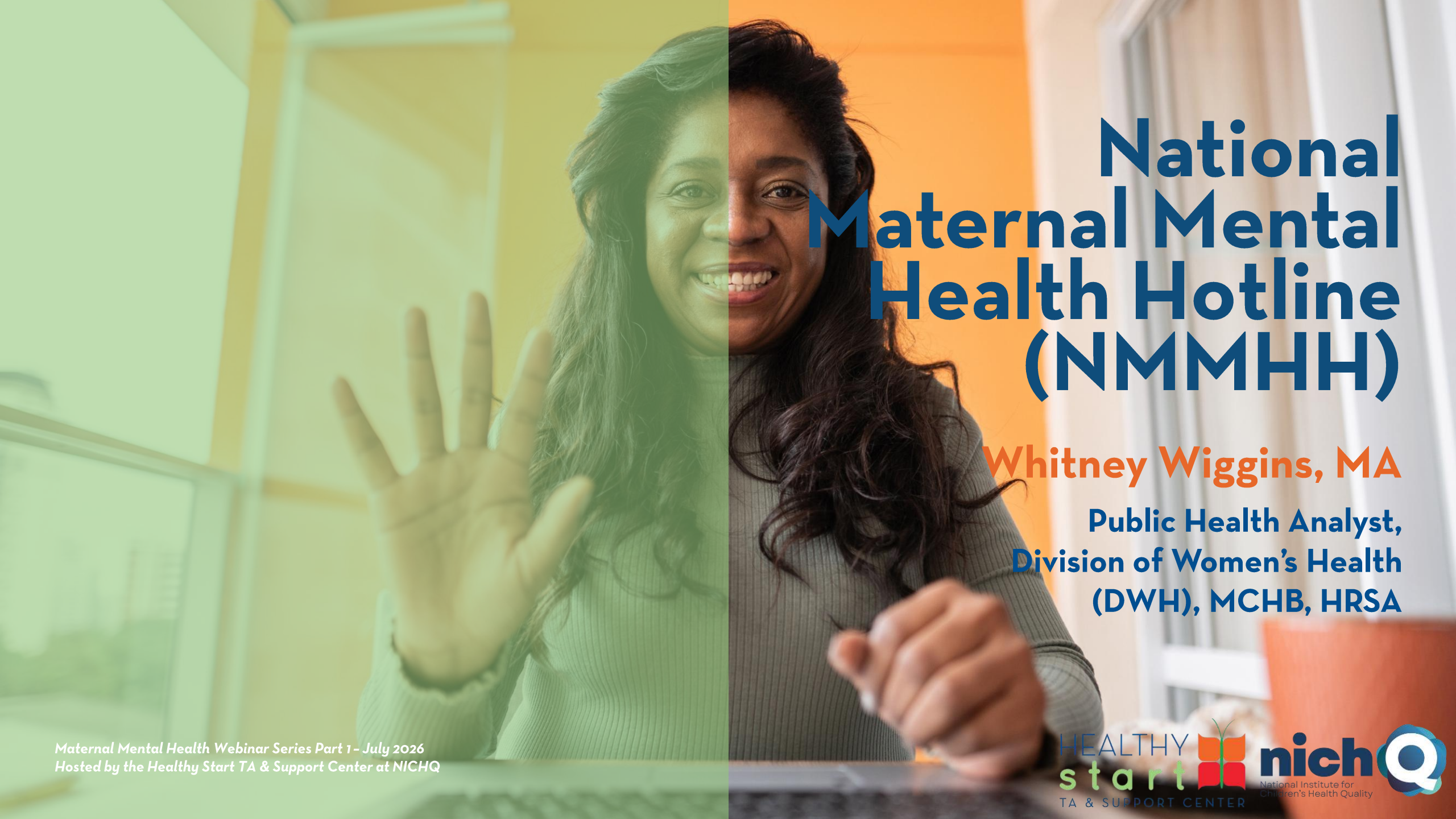
PSI HelpLine:

1-800-944-4773

#1 En Español or #2 English

Text in English: 800-944-4773¹ Text en Español: 971-203-7773

<https://postpartum.net/get-help/for-you/>



National Maternal Mental Health Hotline (NMMHH)

Whitney Wiggins, MA

**Public Health Analyst,
Division of Women's Health
(DWH), MCHB, HRSA**

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National Maternal Mental Health Hotline (NMMHH)

Healthy Start Presentation

July 1, 2026

Whitney Wiggins, MA
Public Health Analyst, Division of Women's Health (DWH)
Maternal and Child Health Bureau (MCHB)
Health Resources and Services Administration (HRSA)

Vision: Healthy Communities, Healthy People





National Maternal Mental Health Hotline

SERVICE SNAPSHOT

Who We Are?

The NMMHH is staffed by licensed mental health clinicians, licensed healthcare professionals, certified peer specialist, and childbirth professionals such as doulas, lactation consultants, and childbirth educators who are trained and specialized in perinatal mental health practices for the support of the hotline's service level demands and needs.

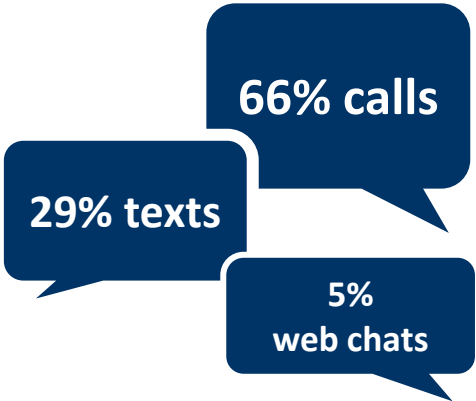
What We Do?

Hotline Counselors provide real-time emotional support, encouragement, information, resources and referrals so individuals can get the help and supports they need, when they need it.



Who Contacts The NMMHH?

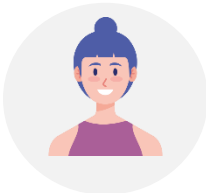
Over **100,000** calls and texts from May 2022 to April 2026



72% of people contact for themselves



1% are providers



4% contact for someone else



72% contact for self

Among people calling for self, postpartum moms contact the hotline the most



Caregiver Seeking Support for Self



5%

Pregnant



26%

Postpartum



56%

Image source: [Flaticon.com](https://www.flaticon.com)

Why Do People Seek Help?

Top 3 reasons people seek help because they feel

- Overwhelmed
- Depressed
- Anxious

“
I suddenly don't feel like I'm drowning. I'm going to be okay. I hope people understand that it does help.
”



Image Source: [Flaticon.com](https://www.flaticon.com)

People seeking help are connected quickly



The average speed to answer calls is **under 30 seconds**





Bilingual Support

Access to 24/7 Spanish support provides essential assistance to diverse communities, ensuring that language barriers do not hinder access to vital resources and emotional support.

Additional Languages

Through interpreter services, 60 additional languages, including Arabic, Chinese (Mandarin), French, Haitian Creole, Hebrew, Portuguese, Tagalog (Filipino), and Vietnamese.

TTY User Support

Ensures that individuals with hearing or speech impairments can access vital support and communication services, promoting inclusivity and equal access to resources.

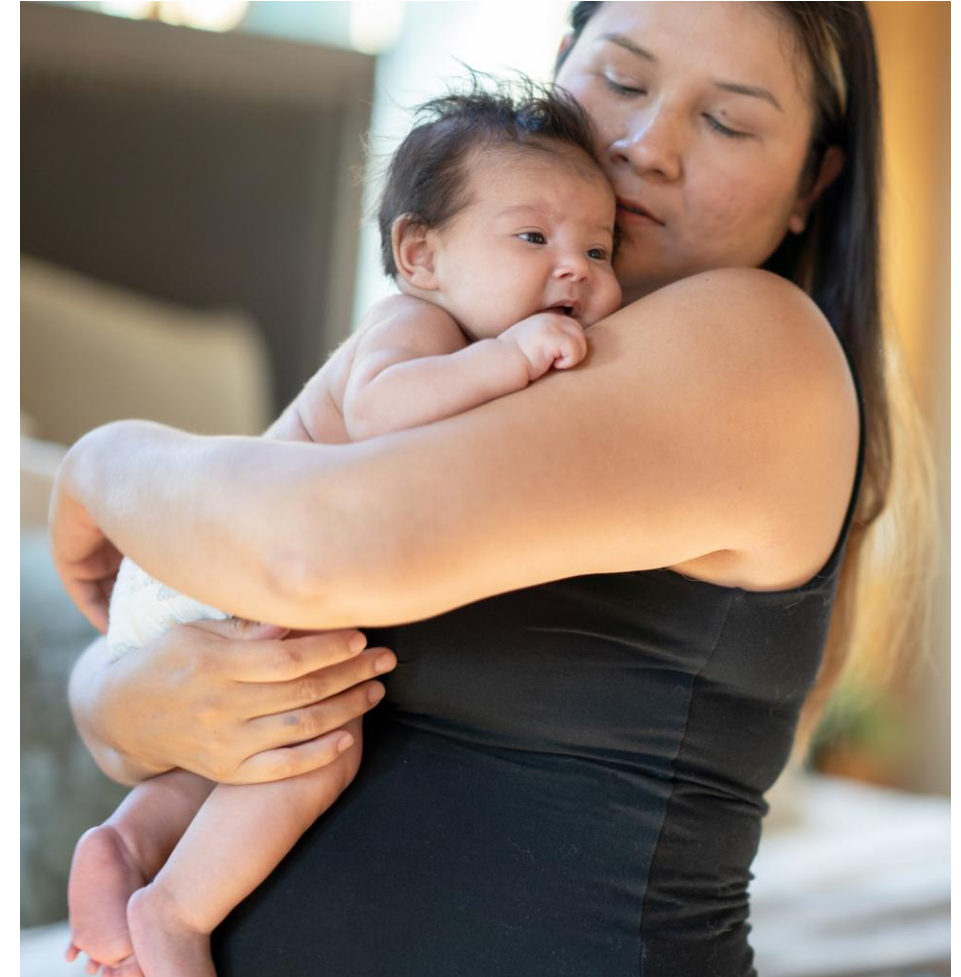
Free & Confidential

Provides crucial support and resources for individuals in need, ensuring they have a safe space to share their concerns and receive guidance without fear of judgment. This accessibility fosters mental well-being and empowers people to seek help during difficult times.

Support to Providers in Limited Resourced Communities

How Does the NMMHH Support Providers in Limited Resourced Communities?

- Providers can directly connect their pregnant and postpartum patients to the NMMHH for immediate support.
- Providers can reach out to NMMHH with their maternal mental health questions to receive information on referrals and supports for their patients.
- The NMMHH offers resources and tools to help providers navigate local maternal mental health services, in support of their patients and their professional knowledge.



NMMHH Partner Toolkits

- Remind new parents to add 1-833-TLC-MAMA | 1-833-852-6262 to their contacts list.
- Order magnets, posters and wallet cards
- Text for newsletters
- Slide decks for trainings and talks



Utilizing Promotional Toolkit – State Example

- Ohio promoted the NMMHH as an activity to complement their HRSA Rural Communities Opioid Response Program (RCORP).



Utilizing Promotional Toolkit – State Example Continued

Know the signs of depression and anxiety before and after childbirth.

Sometimes moms need help too.
Let's talk about it.

Call or text 1-833-TLC-MAMA
(1-833-852-6262)

ALWAYS FREE • 24/7 • CONFIDENTIAL • 60+ LANGUAGES

If you...

- Feel like you just aren't yourself.
- Have trouble managing your emotions.
- Feel overwhelmed but are still able to care for yourself and your baby.

You may be experiencing mood swings that happen to many pregnant women and new moms.

These feelings typically go away after a couple of weeks.

- Take special care of yourself. Ask your partner, another mom or a babysitter to share child care so you can rest and exercise.
- Continue to watch for the signs of depression and anxiety in the orange and pink sections below.

If you...

- Have feelings of intense anxiety that hit with no warning.
- Feel foggy or robotic, like you are just going through the motions.
- Have little interest in things that you used to enjoy.
- Feel very anxious around the baby and your other children.
- Have scary, upsetting thoughts that don't go away.
- Feel guilty and feel like you are failing at motherhood.

You may be experiencing postpartum depression and anxiety.

These feelings will not go away on their own.

- Get help. Contact your health care provider or visit a clinic.
- Call or text the National Maternal Mental Health Hotline at **1-833-TLC-MAMA** (1-833-852-6262) for free and confidential help.
- Talk to your partner, family, and friends about these feelings so they can support you.
- Continue to watch for the signs of severe depression in the pink section below.

If you...

- Feel hopeless and total despair.
- Feel out of touch with reality.
- Feel that you may hurt yourself or your baby.

Get help now!

- Call 9-1-1 for immediate help.
- Call or text the National Maternal Mental Health Hotline at **1-833-TLC-MAMA** (1-833-852-6262) for free and confidential help.
- Call or text the 988 Suicide & Crisis Lifeline at **988** for free and confidential emotional support — they talk about more than suicide.

National Maternal Mental Health Hotline

MHRSB
Mental Health & Recovery Services Board
BENICIA • OAKLAND • SAN FRANCISCO • SUTTER COUNTY

HRSA

Source: National Institute on Health's National Child & Maternal Education Program

National Maternal Mental Health Hotline



For support, understanding, and resources, CALL,
TEXT, or WEB CHAT
1-833-852-6262 (1-833-TLC-MAMA)

Free Promotional Material Available





Contact Information

Whitney Wiggins, MA

Public Health Analyst

Division of Women's Health

Maternal and Child Health Bureau

Health Resources and Services Administration

Email: wwiggins@hrsa.gov

Connect with HRSA

Learn more about our agency at:

www.HRSA.gov



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Q&A

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Seeking Additional Support?

Visit the Healthy Start TASC website or scan the QR code below to submit a TA request.



**Join us for Part Two of the Maternal Mental
Health Webinar Series on Wednesday July 22
from 2-3pm ET!**



Your input is important to us!
***Please take a moment to complete the
satisfaction survey.***





Thank you!

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