



Maternal Mental Health: What Families Need to Know

Michelle Visser, LMHC, Psychotherapist, Educator,
& Perinatal Advocate

Adding to your family is exciting, but can also be filled with uncertainty during pregnancy and postpartum periods. Maternal mental health challenges are the number one complication of childbirth.

1 in 7 mothers may experience anxiety or depression during pregnancy or postpartum, and as many as 1 in 10 fathers experience depression or anxiety after the birth of a child. Many parents, new or not, can be faced with depression, anxiety, and other mental health challenges beginning during pregnancy, and up to 12 months postpartum.

This webinar series will give you concrete information and resources on common diagnoses, risk factors, screening and discussion tools, self-advocacy, and treatment options. Each video in this webinar series will support you or a loved one throughout pregnancy and postpartum.

To access ALL videos in this series please [CLICK HERE](#).

This webinar series will be available 24/7/365 to ALL employees, spouses, and dependents 18+.

Video 1: Introduction to mental health during pregnancy and postpartum

- Baby Blues, overview of Perinatal Mood & Anxiety Disorders, and Depression

Video 2: Anxiety during pregnancy and postpartum

- Part 1: Generalized Anxiety Disorder, and OCD
- Part 2: Post-Traumatic Stress Disorder, and Postpartum Psychosis

Video 3: Risk factors for mental health complications during pregnancy and postpartum

Video 4: Mental Health screening and discussion tools used during pregnancy and postpartum

Video 5: Self-advocacy: what it is, and when it's useful as a mother, father, or support person

Video 6: Being prepared: Treatment options, and resources, and how to access them

- Part 1: Psychotherapy, Medication, Support Groups, and Diet
- Part 2: Sleep, Exercise, Mindfulness, and Resource Review