

# Please Help Utah Women and Families with Maternal Mental Health Support

# #1

Maternal anxiety and depression are the number one complications of childbirth.



At least 1 in 7 Utah women suffer from postpartum depression\*

\*Utah Pregnancy Risk Assessment Monitoring System, 2015 data

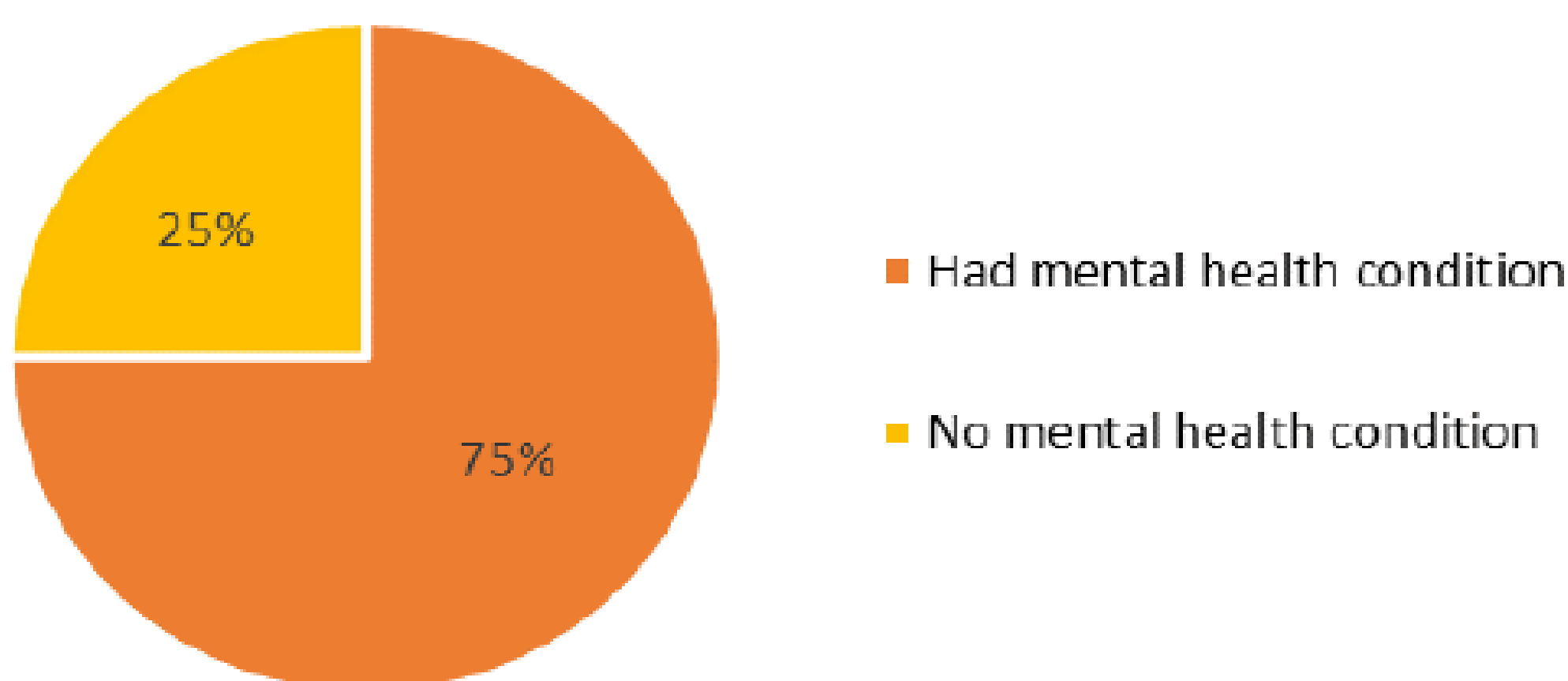
Did you know...

- more women experience maternal mental health issues than gestational diabetes and breast cancer
- moms can experience more than postpartum depression including anxiety, PTSD, OCD, Bipolar, psychosis
- death by suicide was the second leading cause of death for perinatal women from 2015-2016

Despite the prevalence and risk, there is a lack of awareness in the community and among healthcare providers. Mothers often feel they can't share their symptoms due to stigma and doctors often don't ask.



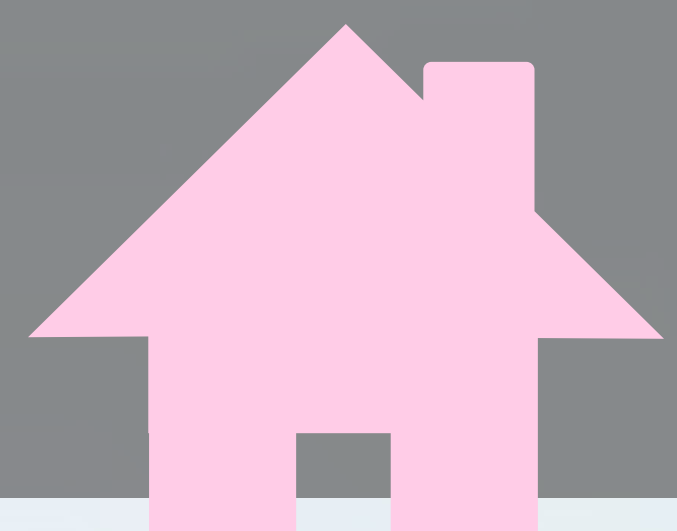
Pre-existing Mental Health Conditions  
Noted Among Maternal Deaths, Utah, 2015-2016



Source: Perinatal Mortality Review Data

The leading causes of maternal death in Utah in 2015-2016 were accidental drug-related deaths and suicide, which are both associated with mental health conditions. Even if deaths were attributable to other causes, a significant number of cases had prior or current mental health conditions noted.

Untreated maternal depression is linked to poor child developmental outcomes as well as marriage instability and lowered workforce productivity.





# Voices of Utah Moms

I am a survivor of Postpartum Depression and Anxiety. **My experience was one that completely turned my world upside down.** After numerous medication adjustments, therapy, and eventually Electroconvulsive therapy procedures, I completely recovered. Because I survived, I want to do everything in my power to support other women and families who are affected by Perinatal Mood and Anxiety Disorders.

-Lexi Ramirez, Lehi



Sometime around weeks 6-8 of the pregnancy, **I found myself on the floor of my bathroom in the early hours of the morning unable to sleep, sobbing, and contemplating terminating the pregnancy and ending my own life.** It seemed to hit me literally overnight and it hit hard. Thanks to parents, siblings, and my wonderful Midwife, I was back on my feet within a few weeks. More women need to be educated about maternal mental health, including perinatal and postpartum struggles.

- Heather Dopp, Bountiful

I was suffering from panic attacks, flashbacks, severe anxiety, major rage, and intrusive thoughts about death. I didn't fit the checkboxes of postpartum depression, so **I stayed silent and didn't get help for a very long time.** Turns out I didn't have postpartum depression, but postpartum PTSD. **So many moms are suffering in silence and just don't know they can get help.**

-Alicia Glasscock, Riverdale



Three days after we came home it was like a switch had flipped and my biggest nightmare began. My mind was racing at all times. I was spiraling and I had no idea that this is so common with mothers. When my baby was almost three months old, **I had gotten so bad I was now suicidal.** I was convinced this was the best option for my family and myself. I was desperate. I found a therapist that specialized in Maternal Mental Health, and after my evaluation with her, I was sent to the Psychiatric inpatient lockdown unit. I could only see my baby a couple hours a day. **Mothers should not suffer from this alone or in silence. We deserve more.**

-Kelsie Oliver, Murray