



Addressing Perinatal Mental Health in Montana

HMHB-MT

Depression is the #1 complication of childbirth



One in six women in Montana experiences depression during pregnancy.

Perinatal or postpartum mood and anxiety disorders (PMADs) are distressing feelings that occur during pregnancy (prenatal) and throughout the first year after pregnancy (postpartum)

Maternal depression is the leading Adverse Childhood Experience (ACE) for children under 5.



Women with PMADs may experience co-occurring substance use disorders. One in eight births insured by Medicaid in Montana has perinatal drug exposure.

Half of women with a PMAD are not treated

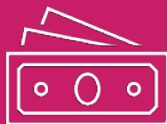
Left untreated, PMADs persist

- One study found 16% of women were depressed 2-4 months postpartum and 15% were still depressed at 30-33 months
- Postpartum stress is negatively associated with infant growth, nutrition, bonding, temperament and childhood mental wellbeing.



When a mother has a PMAD, 10% of fathers will also experience a mood disorder.

Untreated PMADs have multigenerational consequences, costing our state approximately \$42.6 million annually.



Take action

Healthy Mothers, Healthy Babies is working to address parental mental health in Montana.

Visit hmhb-mt.org to learn more.