



Maternal Mental Health

Maternal mental health is important for the well-being of mothers, their babies, children and families. Maternal mental health disorders can develop during pregnancy and after childbirth. After giving birth, up to 80% of women experience postpartum “baby blues,” which often include mood swings, difficulty sleeping, crying spells, anxiety and sometime depression. These symptoms usually subside and clear within two weeks. However, when the depression symptoms are more intense and longer lasting than the “baby blues,” it is called postpartum depression.

In Utah, the greatest predictor of postpartum depression is when a woman experiences depression pre-pregnancy and during pregnancy. New mothers with this history of depression are 60 times more likely to be diagnosed with postpartum depression. Prompt treatment can help mothers manage their symptoms and bond with their babies.

On April 3, 2018, Governor Herbert signed the [Concurrent Resolution on Awareness and Treatment of Maternal Depression and Anxiety](#). This resolution recognizes maternal depression and anxiety as a statewide public health crisis, and encourages the state to use evidence-based approaches in responding to the crisis. The Division of Substance Abuse and Mental Health (DSAMH) is working with Local Mental Health Authorities to support awareness and treatment for maternal mental health disorders.

Helpful Links:

[Maternal & Infant Health Program](#)

[Postpartum Support International - Utah](#)