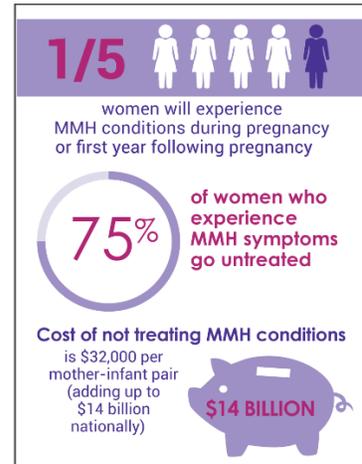


## SUPPORTING MATERNAL MENTAL HEALTH: FEDERAL POLICY PRIORITIES

Mental health conditions – primarily anxiety and depression – are the most common complications of pregnancy and childbirth, affecting 1 in 5 parents (800,000 individuals in the United States) each year.

Left untreated, these conditions can have long-term negative impact on parent, child, family, and society. The cost of not treating these conditions is \$14.2 billion due to poor health outcomes of mother and infant and lost wages and productivity of the mother.

Women facing economic or racial inequities are MORE likely to experience these conditions and LESS likely to get help.



### ***MMHLA is leading these federal policy initiatives to address the mental health of new parents.***

- **Expand HRSA’s Screening and Treatment for Maternal Depression and Related Behavioral Disorders Program (\$40 million).** This program was introduced in 2016 and provided \$20 million over five years (2019-2023) to states to develop programs to address maternal mental health. Thirty states and territories applied for these grants, with seven states selected for funding. *MMHLA is seeking to expand this program so that all states have access to federal funding to create programs to address maternal mental health. Funding will also provide technical assistance to HRSA.*
- **Establish and fund a dedicated Maternal Mental Health Hotline (\$7 million).** The federal fiscal year budget included \$3 million to establish a maternal mental health hotline to provide dedicated support 24 hours a day. *MMHLA is seeking to authorize and fully fund the hotline to provide 24/7 voice and text support that is culturally and linguistically appropriate.*
- **Establish funding for prevention programs (TBD).** Evidence-based programs exist to prevent and mitigate the impact of maternal mental health conditions. *MMHLA is seeking first-ever funding for grants to implement proven prevention programs.*

### ***MMHLA is supporting these federal policy initiatives to address the mental health of new parents.***

- **Creation of a federal inter-department task force** to increase federal coordination for maternal mental health, and create a baseline national assessment of maternal mental health and national strategy to address maternal mental health.
- **Black Maternal Mental Health Momnibus** to comprehensively address every dimension of the maternal health crisis in America. Of particular focus is the **Moms MATTERS Act** which specifically addresses maternal mental health with a focus on racial and ethnic minority groups.

**For more information, contact MMHLA Policy Director Jamie Belsito at [jbelsito@mmhla.org](mailto:jbelsito@mmhla.org).**