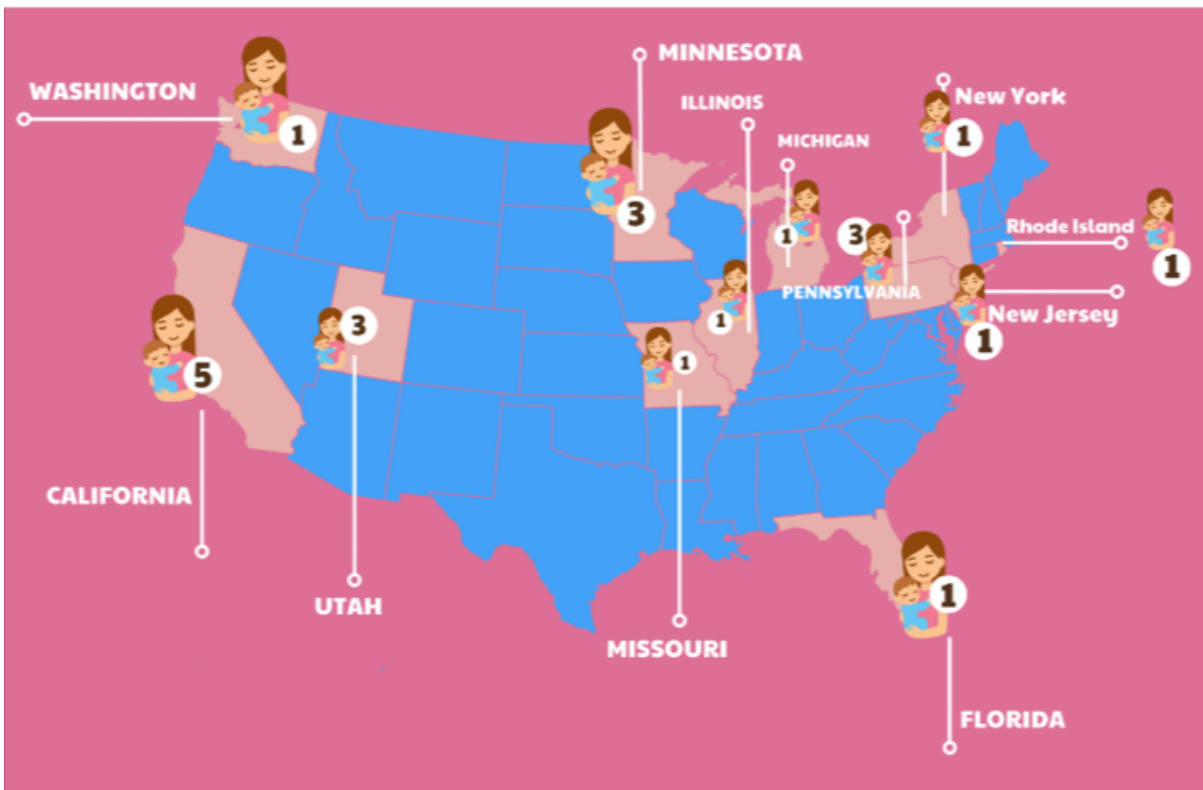


# U.S. STATES WITH MATERNAL MENTAL HEALTH PROGRAMS



Only 12 states have centers or programs that provide support and treatment to pregnant and new moms who are suffering from perinatal moods and anxiety disorders.



California: Has the most programs with 5



Texas: Has no programs but has the most live births per year



Approximately 4 million women give birth every year



800,000 women will suffer from some form of maternal mental health condition.



Suicide is the second leading cause of death for women after the first year of giving birth



While the not as well-known, postpartum anxiety may be even more common than postpartum depression.



Men: Up to 10% of men may experience PPD or PPA in the first postpartum year



Women: With a previous history of depression, or who experience complications during childbirth are at a higher risk.



Without treatment, postpartum depression and anxiety can last for months to years



Only a trained healthcare provider can diagnose and treat perinatal mood and anxiety disorders



Untreated PMADS can cost up to \$38,000 in medical expenses and long term strain on family dynamics