

# Depression in Mothers: More than the Blues

## A Toolkit for Family Service Providers

### Presenter:

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### Presentation Objectives:

- Increase awareness of the maternal depression toolkit and the public health approach for implementing mental health promotion, prevention, and intervention services that are effective in addressing maternal depressive symptoms
- Increase understanding of how to use resources in the toolkit to identify and link mothers to support services.

### Key Takeaways:

- Worldwide about 10% of pregnant women experience depression.
- Approximately 20% of mothers in developing countries experience clinical depression after childbirth.
- Depression in women has complex causes which can involve factors such as poverty child health, domestic violence, marital conflict, maternal mental health, and migration.
- Interventions such as social support, group therapy, and home visiting have been found to reduce maternal depressive symptoms
- Interventions aimed at improving parenting and the mother–infant relationship have been effective in reducing depressive symptoms in postpartum women
- Staff and providers that work directly with pregnant mothers and mothers with young children are in a unique position to identify and address maternal depression - a serious mental health issue that can go unnoticed.
- The toolkit is a resource for community-based providers.
- The toolkit includes background information about depression and offer ideas that providers can use on a daily basis when helping pregnant women and mothers with young children.
- The toolkit also includes screening and referral tools to identify and connect mothers to needed mental health services.

## Resources:

**Access to Maternal Depression Toolkit**

<http://store.samhsa.gov>

**Project LAUNCH website**

<http://www.healthysafechildren.org/grantee/project-launch>