



# PEI Tip Sheet

## MENTAL HEALTH DURING PREGNANCY

### What You Need to Know



**24%** of Black/African American birthing individuals experience **perinatal depressive symptoms**, which is higher than the San Bernardino County (15%) and the state of California as a whole (14%)

For more information, access the Maternal Health Data Snapshot [here](#)

Women of color are at a higher risk of experiencing perinatal depression and often suffer in silence, lacking access to mental health care. Mental health stigma must be dismantled and key interventions implemented at the policy and community levels.

**Suffering in Silence: Mood Disorders Among Pregnant and Postpartum Women of Color.** Downloaded on April 11, 2022 from: <https://www.americanprogress.org/article/suffering-in-silence/>

### Additional Resources on the Topic

For more information on this topic, please follow these resource links:

To increase diagnosis and treatment of pregnant Black/African American individuals, providers must build trust with their patients. Providers can normalize perinatal depression by sharing statistics on the prevalence of the condition, describing the symptoms, and informing their patients that it is treatable. Providers should be aware of cultural differences, respond in a compassionate manner, and remind their patients that it is not their fault they have perinatal depression.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6038800/>

Here are some websites that specialize in information and resources on this topic:

- Black Women Birthing Justice: <https://www.blackwomenbirthingjustice.com/>
- Black Mamas Matter: <https://blackmamasmatter.org/>

### Referring to Programs

Click onto the following links to refer families to these programs

#### **Black Infant Health**

Group-based services where Black/African American women can connect, learn and prepare for the birth of their child.

For referral to the High Dessert Program, click [here](#)

#### **Fatherhood Partnership**

The 24-7 Dad program offers fathers whose partner is an African American birthing person the opportunity to learn and grow together.

#### **Doula Supports**

Doulas are available to Black and African American birthing people and their partners during their birthing experience.

### Sharing Our Message

Download and customize the following messages from our website:  
<https://www.maternalhealthnetworks.com/mental-health>

