



Making Access to Treatment, Evaluation, Resources, and Screening Better

# NC MATTERS

## Maternal Mental Health in North Carolina



Up to 1 in 7 women experience PPD, affecting **23,800 NC families** annually

**1/2** of those referred for mental health services access care

**15%** of women with postpartum depression receive professional treatment

**Maternal mental health is often siloed from the pediatric medical home** that knows this family best and can monitor changes over time

*The American Association of Pediatrics has called on pediatric providers to screen for postpartum depression and coordinate care with obstetric and community providers.*

### NC MATTERS Psychiatric Access Line

Health care professionals access mental health services for their patients through:

**CONSULTATION** with a behavioral health consultant and perinatal psychiatrist to discuss diagnoses, medications, and psychotherapy interventions

**PSYCHIATRIC ASSESSMENTS** for patients who do not have timely access to mental health care (at no cost to them or the referring provider)

**REFERRALS** to local resources for therapy, substance use services, medication management, and/or social determinants of health

**EDUCATION AND TRAINING** on various behavioral health topics delivered through webinars, toolkits, newsletters, and various professional partnerships

"My client needed a plan for a psychiatry evaluation and treatment, and my request for help was managed professionally and timely. I really appreciated the help and follow up."

**98%** of providers report satisfaction with consult received

**76%** felt consult reduced patient's immediate need for a higher level of care



**919-681-2909 x2**  
Mon-Fri 8am-5pm  
[NCMATTERS.org](http://NCMATTERS.org)

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