



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

# NC MATTERS

## Maternal Mental Health in North Carolina



Up to 1 in 7 women experience postpartum depression, affecting **23,000** NC families annually

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

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

**Behavioral health care is often siloed from the primary care providers** who know their patients best and can monitor changes over time

*The American College of Obstetricians and Gynecologists has called on obstetric care providers to take a more active role in identifying and addressing postpartum depression.*

## NC MATTERS Psychiatric Access Line

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

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

**PSYCHIATRIC ASSESSMENT** 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 ext. 2**  
Monday - Friday, 8am - 5pm  
NCMATTERS.org