



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 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 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