

# **A National Call to Action**

## **How Focusing on Perinatal Mental Health Will Improve the Health and Well-Being of Mothers, Babies, Families, and Communities**

**October 14, 2021**

**After viewing the webinar recording, you can use the discussion questions below to share information with your partners or reflect on perinatal mental health in your state or area.**

### **Discussion Questions**

Mind the Gap is a national initiative to elevate perinatal mental health as a national priority. Why is perinatal mental health important to maternal health? Infant health? How does it affect partners?

Are you knowledgeable about the burden of perinatal mental conditions in your state? Where can you find additional information?

Is data available in your state that identifies the frequency of and to what extent maternal mortality is connected with mental health disorders? Why or why not?

Does your state Medicaid program provide postpartum care for eligible individuals for 12 months after delivery? If not, what options are available for birthing individuals who are on Medicaid to access mental health services when their coverage ends? Are there supplemental programs that provide coverage? Should there be more?

What are some policy opportunities to improve perinatal mental health outcomes?

Is there a strategy in our state to increase engagement among birthing persons of color? What about for LGBTQIA+ individuals specifically?

What population health management strategies can be implemented?

Is perinatal mental health integrated into your maternal health programs? How might they be better integrated to address perinatal mental health issues?

What are some opportunities to fold in perinatal mental health with your existing maternal health initiatives or programs?