

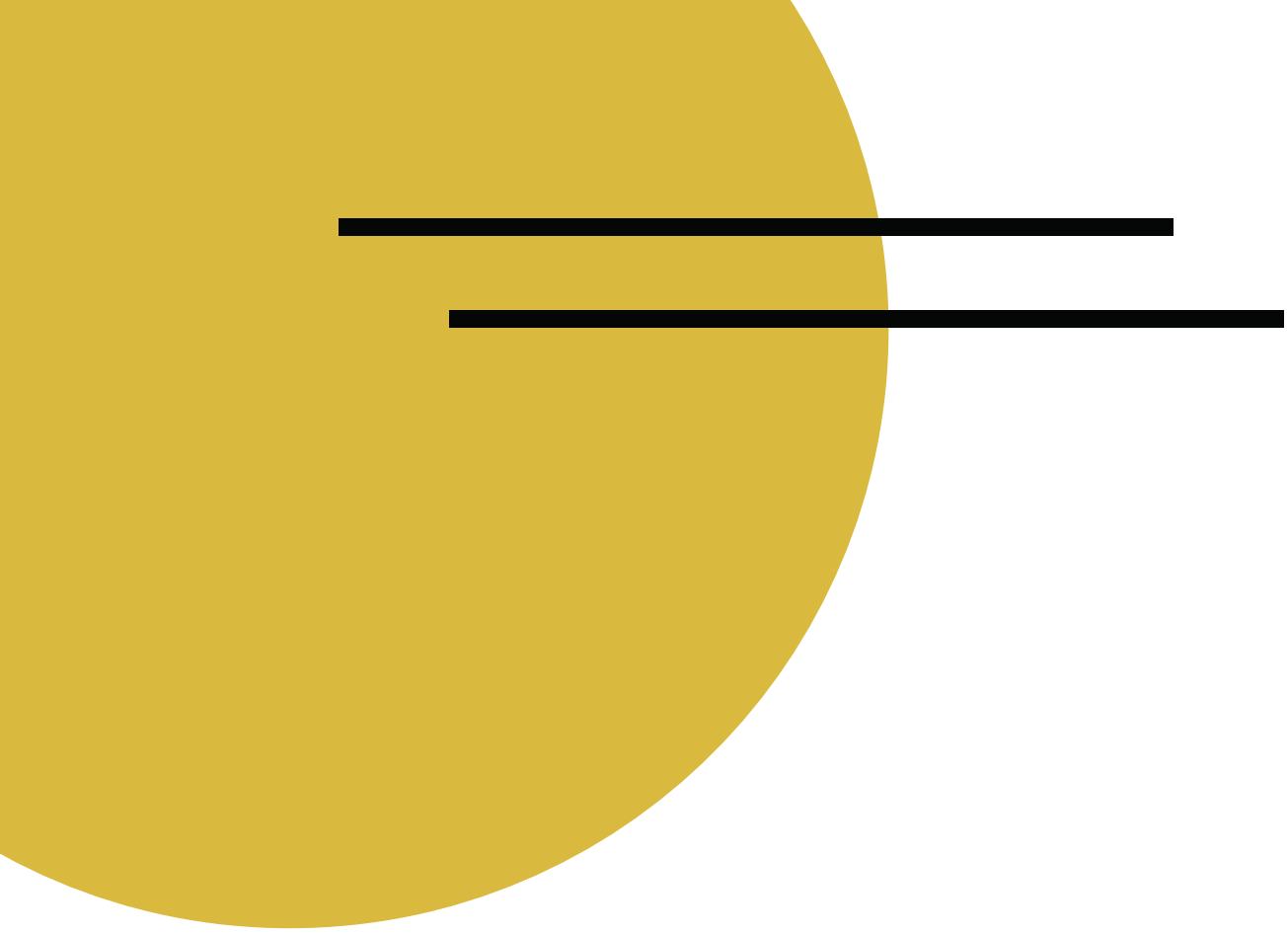
Birth Equity Funders' Summit
October 2022

Perinatal Mental Health Through An Intersectional Lens



MATERNAL MENTAL HEALTH NOW
supporting the well-being of growing families

PRESENTED BY ANNA KING, LCSW, PMH-C
CLINICAL TRAINING SPECIALIST
MATERNAL MENTAL HEALTH NOW



PRECONCEPTION

PREGNANCY AND GESTATION

POSTPARTUM

1-2 years

PREGNANCY LOSS

Including abortion



When is the perinatal period?





DEPRESSION VS. “BABY BLUES”

Most commonly experienced

ANXIETY

Often co-occurs with depression

OBESSIVE COMPULSIVE DISORDER (OCD)

Intrusive thoughts and compulsions to avoid harm

POST TRAUMATIC STRESS DISORDER (PTSD)

Often childbirth related

PSYCHOSIS

RARE and high risk

Misrepresented in media

Perinatal Mood and Anxiety Disorders



Perinatal Mental Health

THROUGH AN INTERSECTIONAL LENS

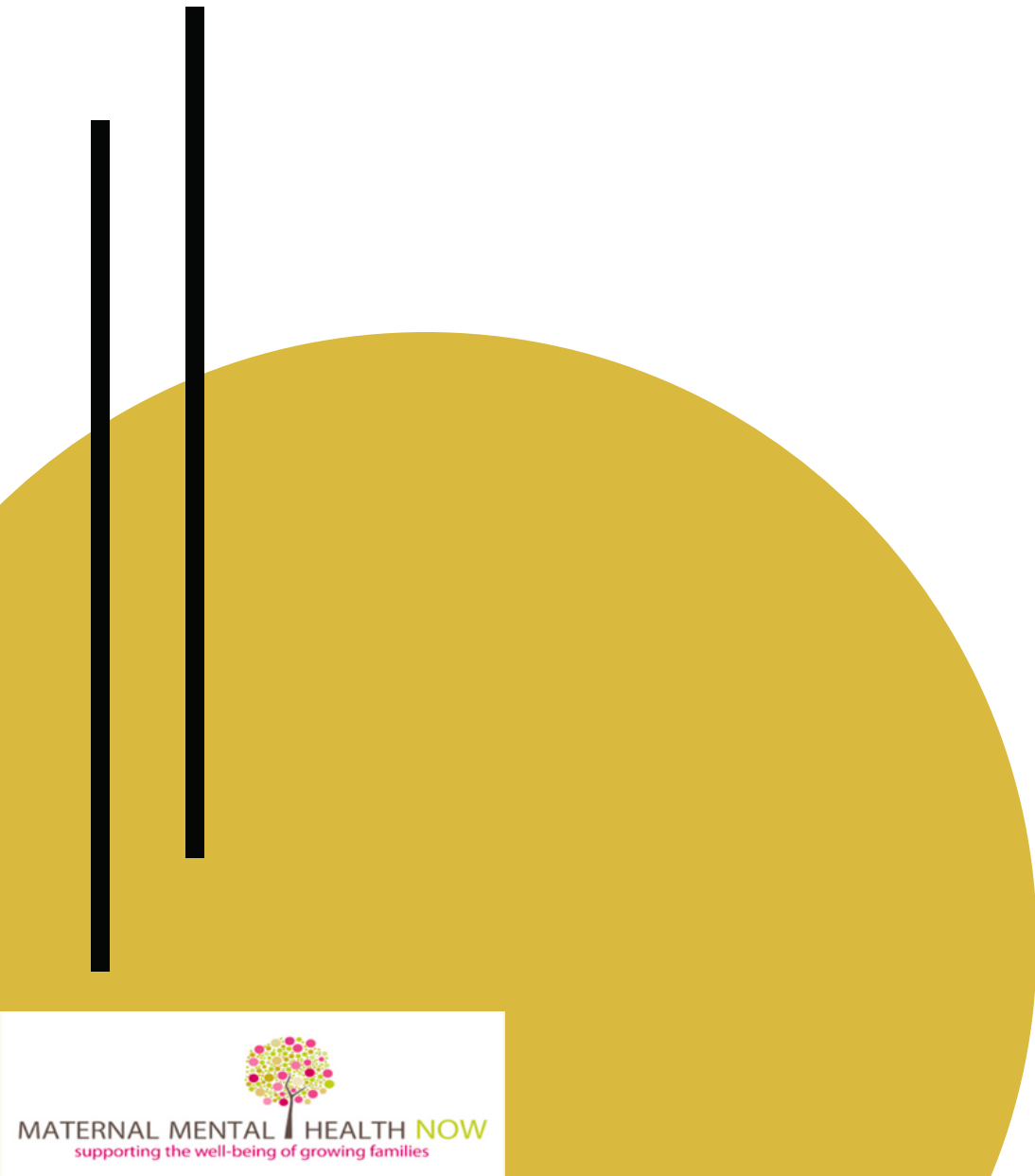
Symptoms

Risk factors

Context

Timeline

Lived experience



“Living in a female body,
a Black body,
an aging body, a fat body,
a body with mental illness
is to awaken daily to a
planet that expects a
certain set of apologies
to already live on our
tongues.”

—SONYA RENEE TAYLOR



Perinatal depression affects....

20%

OF PREGNANT AND
BIRTHING PEOPLE



38%

OF BIPOC BIRTHING
PEOPLE

50%

OF BIRTHING PEOPLE WITH
PERINATAL DEPRESSION RECEIVE
CARE – MANY GO UNIDENTIFIED



10%

OF FATHERS AND PARTNERS
DEVELOP POSTPARTUM
DEPRESSION – THOSE RATES GO
UP TO 25-60% IF THE BIRTHING
PERSON EXPERIENCES MENTAL
HEALTH STRUGGLES



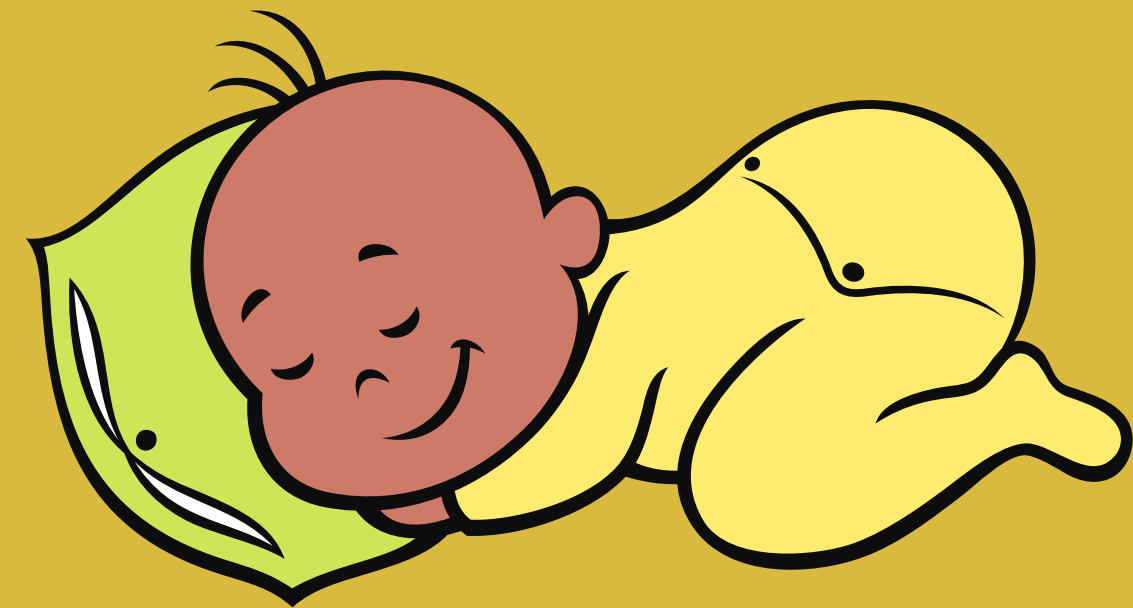
4x

MORE BLACK AND INDIGENOUS
BIRTHING PEOPLE ARE INJURED
OR DIE FROM PREGNANCY OR
CHILDBIRTH RELATED
COMPLICATIONS



2x

MORE BLACK INFANTS DIE BY THE
AGE OF 1YO



Perinatal depression rates are....

2x higher

IN BIRTHING PEOPLE WITH
DISABILITIES YET THERE IS LITTLE
TO NO RESEARCH



10–30%

OF ADOPTIVE PARENTS
EXPERIENCE POST-ADOPTION
DEPRESSION



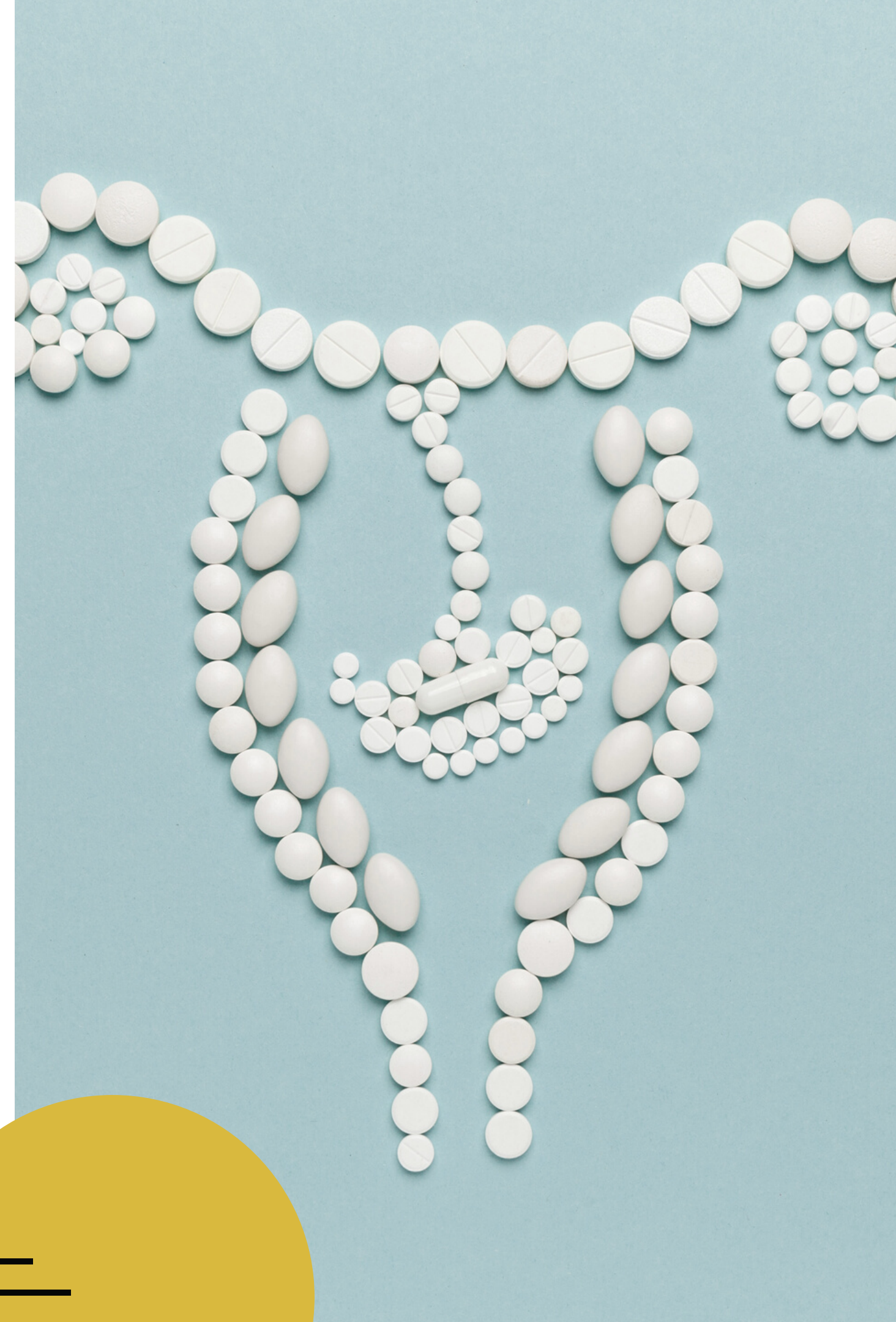
100%

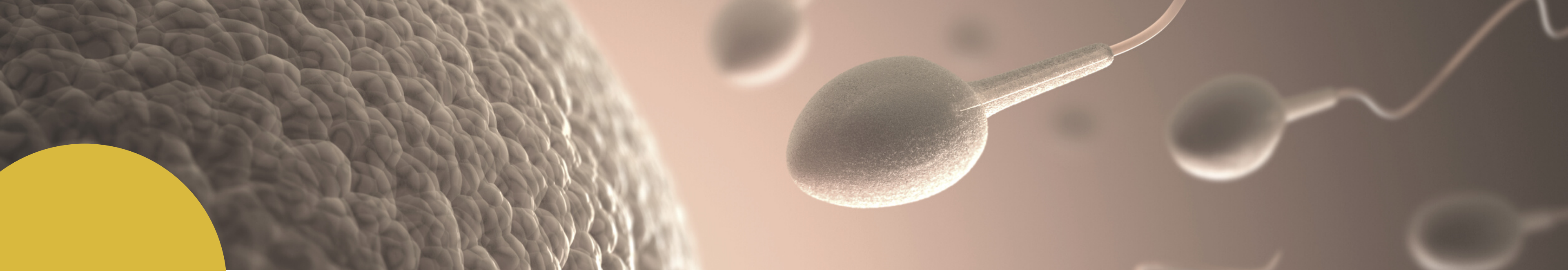
OF PARENTS, CAREGIVERS, AND
BIRTHING PEOPLE DESERVE THE
CARE THEY NEED IN A TIMELY
AND APPROPRIATE MANNER—
PERINATAL DEPRESSION IS
PREVENTABLE AND TREATABLE!



Reproductive Justice

A BRIEF BACKGROUND





What is reproductive justice?

...AND WHY IS IT IMPORTANT FOR PMH?



History of Racism

FOUNDATIONS OF REPRODUCTIVE CARE



Granny
Midwives



Inhumane and
Unethical
Medical testing



Eugenics &
forced
sterilization



Pain
Management



Mothers of Gynecology

"The statues were designed and constructed by Montgomery, Alabama artist and advocate, Michelle Browder, using discarded items, including some of the medical devices invented after experiments on these women." Jill Friedman



<https://www.anarchalucybetsey.org/>



What can be done?

EDUCATION + STORYTELLING

HUMILITY

WHOLE PERSON CARE

COMMUNITY CARE



**Perinatal mental
health care begins
long before
conception.**



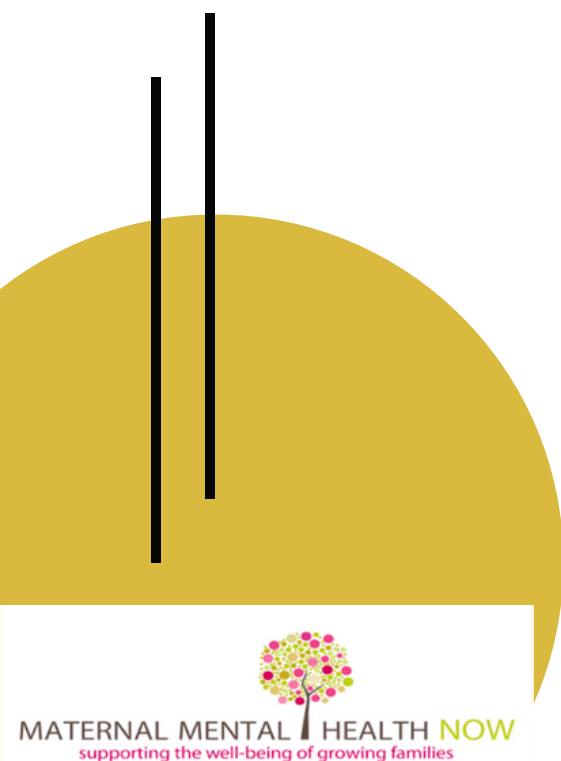
Contact

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