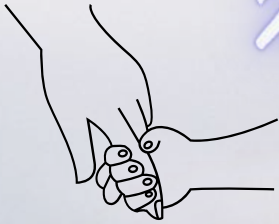


HELIOS NEWSLETTER

PHONE: 586-863-4000
FAX: 586-863-4004
EMAIL: INFO@HELIOSPSYCH.COM



May Honoring Mothers



MOTHER'S DAY HAS BEEN CELEBRATED ON THE SECOND SUNDAY OF MAY EACH YEAR SINCE 1914, RECOGNIZING THE IMPACT OF MOTHERS EVERYWHERE. SINCE THE 2010'S, MAY HAS ALSO BEEN WIDELY RECOGNIZED AS MATERNAL MENTAL HEALTH (MMH) AWARENESS MONTH, WITH GOALS OF RAISING AWARENESS AND SUPPORT FOR ALL THOSE WHO STRUGGLE WITH MMH CONDITIONS.

MMH refers to the overall emotional social, & mental wellness of a person during or after pregnancy. Specific MMH conditions include pre or postpartum depression, anxiety, substance use disorders, and even psychosis.



These conditions can arise from many stressors such as

- Emotional/physical demands of pregnancy
- Hormonal changes
- Challenges of parenting
- History of mental health concerns

ALTOGETHER, MMH CONDITIONS IMPACT TWENTY PERCENT OF PREGNANT OR POSTPARTUM INDIVIDUALS. YET, ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, OVER HALF OF INDIVIDUALS SURVEYED DID NOT RECEIVE TREATMENT FOR THEIR MMH CONDITIONS.

THIS REPRESENTS A LARGE NUMBER OF PEOPLE GOING WITHOUT CARE FOR CONDITIONS THAT ARE TREATABLE AND EVEN PREVENTABLE.

INCREASING AWARENESS OF THE CONDITIONS AND SYMPTOMS THAT CAN AFFECT PERINATAL INDIVIDUALS IS AN IMPORTANT STEP IN REDUCING THEIR PREVALENCE.

IF AN INDIVIDUAL IS SHOWING GREATER SIGNS OF DEPRESSION, ANXIETY, OR OVERALL STRESS, THEY SHOULD BE ENCOURAGED TO CONTACT RESOURCES SUCH AS:

**THE MATERNAL MENTAL HEALTH HOTLINE
THE BLUE DOT PROJECT**

THESE GROUPS CAN CONNECT PERINATAL INDIVIDUALS & THEIR FAMILIES WITH TREATMENT OPTIONS LIKE PSYCHOTHERAPY, MEDICATION MANAGEMENT, AND SUPPORT GROUPS.



NO MENTAL HEALTH CONDITION SHOULD BE SUFFERED ALONE, AND MMH CONDITIONS ARE NO EXCEPTION.

PREGNANT AND POSTPARTUM PEOPLE ARE A VERY VULNERABLE POPULATION DUE TO THE UNIQUE COMBINATION OF STRESSORS ASSOCIATED WITH THE PERINATAL PERIOD.

TODAY THERE IS GREATER AWARENESS AND WIDER TREATMENT OPTIONS AVAILABLE FOR MMH CONDITIONS THAN EVER BEFORE, HOWEVER THERE IS STILL MORE WORK TO BE DONE TO SUPPORT AND PROTECT THIS PORTION OF THE POPULATION.

Citations:

<https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health%C2%A0hotline/maternal-mental-health%C2%A0>

<https://www.nature.com/articles/s41398-021-01692-1>

Article by Michael Sowles, LLP

