



The Mental Health Association of Maryland (MHAMD) is re-launching our Healthy New Moms Campaign this year, in response to high demand for mental health information and resources for providers, pregnant women and new moms. The Campaign began in 2005 and has reached more than 1 million individuals and distributed nearly 200,000 publications since inception.

### **What will be updated?**

MHAMD will release updated publications in web and print formats for widespread distribution. These materials will include:

Resources for families  
and providers

An informational brochure

Resources

Support group information

A medication chart on safety of psychiatric medications during pregnancy

A perinatal depression screening tool

### **How you can help?**

We need your help! You can start by spreading the word! The Healthy New Moms campaign is building partnerships throughout the state with community members, providers and other organizations to increase resources, access to services, and educate individuals on this very important topic. You can:

Host an education event  
Share information

Invite a Healthy New Moms representative to come give a presentation

Share and refer to our materials

Link to our website, [www.healthynewmoms.org](http://www.healthynewmoms.org)

### **Why?**

According to the research, between 15 and 20% of new moms will experience some sort of perinatal mood and anxiety disorder (PMADs) after giving birth. Mental health problems during pregnancy are common too. Having a baby can be very isolating and suffering from a mental health problem on top of that can cause even more problems. PMADs might affect a woman's ability to care for herself and her children. These illnesses are common and treatable!

### **Where can I learn more?**

You can contact Kari Gorkos at [kgorkos@mhamd.org](mailto:kgorkos@mhamd.org) or 443-901-1550, ext. 215. You can also visit [www.healthynewmoms.org](http://www.healthynewmoms.org)