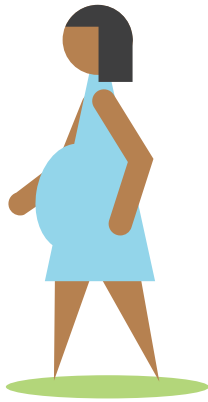


# Colorado Maternal Mental Health Collaborative & Framework



## Why is maternal mental health important?

Depression and anxiety represent the most common complications in pregnancy and postpartum, affecting **1 in 7 women**.<sup>1</sup> Supporting and prioritizing the mental health of pregnant and postpartum people is vital to the well-being of women, children and families.

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## What is the Framework?

The Framework is a central source for Coloradans to effectively collaborate, impact action, and accelerate progress toward improved mental health and wellness of all pregnant and postpartum people in Colorado.

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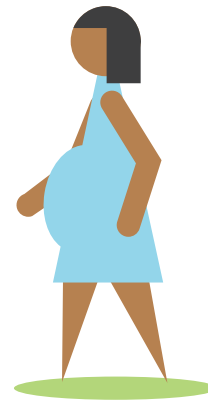
## Who should use the Framework?

The Framework supports the work of diverse and varied professionals, advocates, and organizations in their maternal mental health efforts. It is not intended as a resource for families or caregivers. Rather, it is a tool to align work across Colorado to ensure pregnant and postpartum people have their mental health needs met and prioritized during pregnancy and early parenting through policy, community and systemic support.

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<sup>1</sup> Wisner et al. (2013). *Onset Timing, Thoughts of Self-harm, and Diagnoses in Postpartum Women With Screen-Positive Depression Findings*, JAMA Psychiatry, 70, p 490-498.

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## Take Action

### How can I use the Framework?

We are here to support your work. Use the Framework's tools to talk about the importance of maternal mental health, advocate for resources and funding, inform policy change, and align programmatic efforts.

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### How can I get involved?

We are a strong network of diverse stakeholders from across Colorado working together to support the mental health of pregnant and postpartum people. This work benefits from your voice, ideas, questions and contributions.

- ACCESS RESOURCES:** Visit our site for help navigating resources and connecting with others on supporting pregnant and postpartum people.
  - STAY ENGAGED:** Sign up for our periodic email updates and reach out to us with questions, ideas and stories.
  - SPREAD THE WORD:** Help promote the Framework by sharing the site among your network of healthcare professionals and partners.
  - CHECK OUT THE LATEST TOOL:** View, share and use the new Perinatal Continuum of Care which illustrates the various services and supports that families may encounter and describes opportunities to promote or address mental health across these services.
  - SHARE YOUR WORK IN ACTION:** Share how your work improves the mental health of pregnant and postpartum people, and how the Framework supports your efforts on our site. We can all learn from each other's practices, innovations, successes and challenges.
- 

**All pregnant and postpartum people deserve to be well. Let's collaborate to ensure they are resilient and thriving.**

[coloradomaternalmentalhealth.org](https://coloradomaternalmentalhealth.org)

*We are actively learning to use inclusive language as we work to ensure the needs of all pregnant and postpartum people are prioritized and met. This is a work in progress and benefits from your voice, ideas and questions.*

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