MISSOURI: Following Tragedy, St. Louis Hospitals Renew Commitment to Postpartum Mental Health

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St. Louis Post-Dispatch [1]

St. Louis hospitals are making extra efforts to address maternal mental health. Area hospitals are screening women for depression at prenatal appointments and working together to provide follow-up support to those at risk. At Barnes-Jewish Hospital, nurses help identify new moms who are struggling and connect them with mental health providers. Earlier this year, Mercy St. Louis launched an intensive outpatient program to treat postpartum depression and anxiety. The program includes both individual and group therapy, and mothers can bring their infants to sessions to practice parenting techniques. “We’re really trying to validate moms and normalize their experience,” said Erin Poniewaz, a therapist in the program. “This is a critical opportunity to have these difficult conversations and get women the help they need.”

Spark Extra! Read American College of Obstetricians and Gynecologists postpartum care recommendations [2].

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