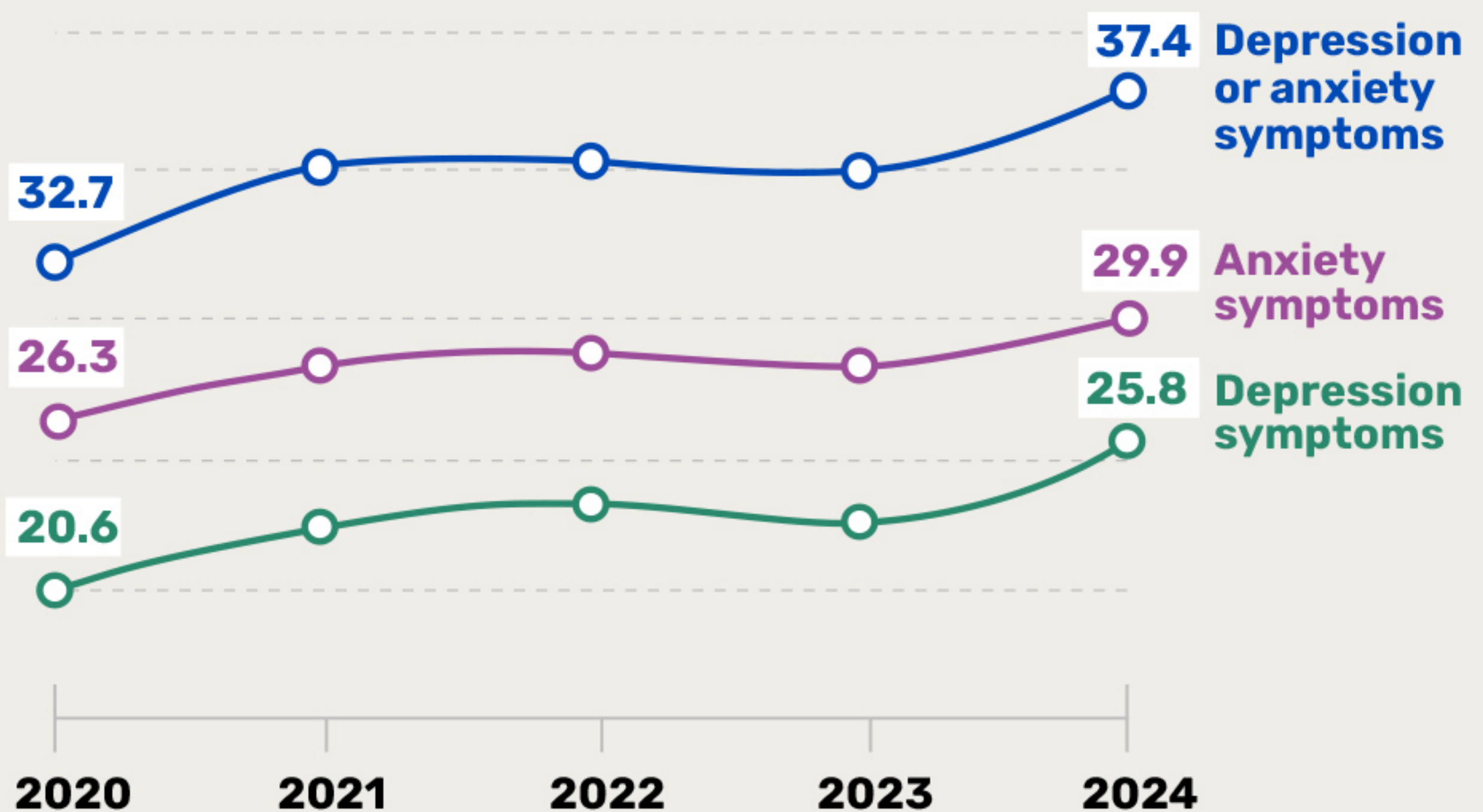




UCSF
Center for
Health Equity

New research shows that maternal depression and anxiety have continued to increase since the COVID-19 pandemic.

Maternal depression and anxiety symptoms are rising in California





Maternal depression or anxiety symptoms are more common among parents who are **younger, having their first baby, Black, or American Indian/Alaska Native.**

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A pregnant woman is lying down, resting her head on a beige pillow. She is wearing a white long-sleeved shirt and a black wristband. Her hand is pressed against her forehead, and she has a pained or distressed expression on her face. The background is softly blurred, showing more of the same beige fabric.

Stressors like housing instability, food insecurity, job loss, and intimate partner violence during pregnancy increase the likelihood of experiencing depression and anxiety symptoms.

**Fewer than half of those
with maternal depression
or anxiety symptoms
receive mental health care.**



***“Get more mental health
care professionals...it’s
difficult to get an
appointment or to set up
therapy because there are
not enough people that
work in mental health.”***

- MIHA participant, 2023

Together we can improve maternal mental health.

- Support social and economic well-being to prevent mental health conditions
- Increase screening, referrals to care, and treatment
- Strengthen California's mental health workforce



California's worsening maternal mental health issues demand urgent response.