

# Supporting New Moms' Mental Health

Pregnancy can impact a woman's health long after a baby is born. AmeriHealth Caritas Vice President of Medical Affairs Lenaye Lawyer, MD, FACOG, shares how individuals, communities, and providers can all be allies to new mothers, supporting them both physically and emotionally through their personal journey.

## Individual support

- Offer to help with errands, chores, or other time-consuming tasks.
- Ask about her needs and help facilitate them.
- Reassure her that she's doing a great job.
- Listen with compassion and empathy.
- Offer to accompany her to doctor's appointments.

## Community support

- Organize a meal train.
- Identify support networks or support groups for new moms.
- Create spaces to help destigmatize mental health struggles.

## Provider support

- Give special consideration to women with risk factors for postpartum mood and anxiety disorders, including those who experience traumatic births.
- Seek training to detect mood disturbances and assess mental well-being.
- Educate a new mom's family on signs of mood disturbances.
- Utilize cultural competency resources to better understand and serve patients.

