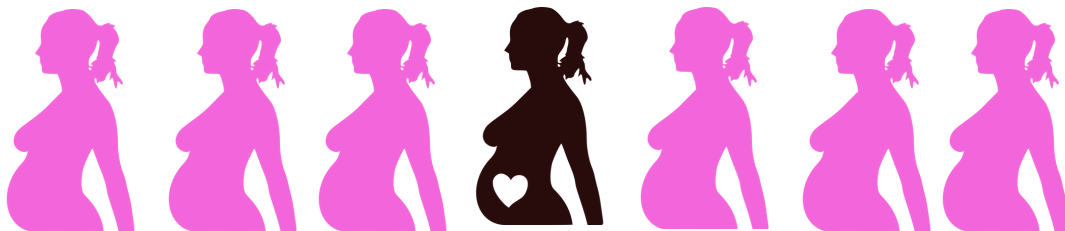


May is Maternal Mental Health Awareness Month



In Sonoma County:

- Nearly **1/3** of women reported they needed help for emotional/mental health problems or use of alcohol/drugs.¹
- Pregnant women with a mental health diagnosis were hospitalized nearly **2.5X** the California average.²
- From 2005-2013, the number of emergency department visits for women with mood disorders has increased by **4X**.²



1/7 women experience postpartum depression in the United States.³



#MomsMatter



You are not alone. If you need support, please call:

24-hour Sonoma County Emergency Mental Health Hotline 1 (800) 746-8181

Postpartum Support International Warmline 1 (800) 944-4773 (4PPD) (se habla español)

24-hour National Suicide Prevention Lifeline (se habla español) 1 (800) 273-8255

¹ California Health Interview Survey, 2011-2015

² Office of Statewide Health Planning and Development, 2002-2013

³ Journal of the American Medical Association, 2013

