



## ACCESS Mental Health for Moms

### Your link to psychiatric consultation, support and resources

As a medical provider, you are dedicated to whole person care. **ACCESS Mental Health for Moms** helps you achieve that by offering support in treating perinatal mothers up to one-year post delivery with mental health and/or substance use concerns.

ACCESS Mental Health for Moms is a statewide program created to ensure that perinatal psychiatric experts are available to help providers effectively identify and manage depression and other mental health and substance use concerns in pregnant and postpartum women. The program works with obstetric, pediatric and adult primary care, and psychiatric providers by expanding their capacity to screen, assess, treat and refer for these conditions. As a fully funded program, ACCESS Mental Health for Moms is free to you and your patients regardless of insurance status.

Administered by Caredon Behavioral Health, this program ensures community-focused expertise and resource coordination. Our consultation team is led by board-certified psychiatrists from Yale School of Medicine and is staffed to support you and your patient's treatment goals. The program provides real-time psychiatric consultation and individualized, case-based education to providers over the phone.

### Phone consultations when you need them

When you enroll in ACCESS Mental Health for Moms, patients will benefit from your real-time access to psychiatric phone consultations that occur within 30 minutes (often immediately). These conversations may entail:



Diagnostic  
clarification



Psychopharmacology and  
treatment consultation



Care coordination and  
community resource support

Our team of psychiatrists also provide free, mental health and/or substance use focused trainings for you and your medical team. For additional information on our ACCESS Mental Health Clinical Conversations series, please visit our resource page at [accessmhct.com](https://accessmhct.com).

## Why do we need ACCESS Mental Health for Moms?



**1 in 5** women

will experience a mental health or substance use disorder in pregnancy or postpartum



**75%** of women

who screen positive for depression do not access treatment



**20%** of

**postpartum fatalities** in depressed women are due to death by suicide

## Enroll in ACCESS Mental Health for Moms

Our program provides real-time psychiatric consultation and case-based education to obstetric, pediatric and adult primary care, and psychiatric providers treating perinatal women presenting with mental health and/or substance use concerns up to one-year post delivery.

### ACCESS Mental Health for Moms is inclusive

We prioritize equity and inclusivity and are committed to respecting and supporting the health of people across the LGBTQIA+ spectrum. This program is cognizant that the topics addressed in this plan that fall under the umbrella of “women’s health” are not exclusive to cisgender individuals and can impact people across all gender identities.



For more information about ACCESS Mental Health for Moms, call **833-978-MOMS (6667)** or visit [accessmhct.com](https://accessmhct.com).



As an enrolled practice, you can call your Hub team **Monday – Friday 9 am – 5 pm.**

Note: ACCESS Mental Health for Moms is NOT intended to replace emergency services. For mobile crisis intervention, please dial 2-1-1.