

# COMBATING CONNECTICUT'S MATERNAL SUBSTANCE USE AND MENTAL HEALTH CRISIS

**1 in 5 mothers** are impacted by substance use and mental health conditions. Maternal mental health (MMH) conditions are the **MOST COMMON** complication of pregnancy and birth, affecting 800,000 families each year in the U.S.

Suicide and overdose are the **LEADING CAUSES** of death for women in the first year following pregnancy. **4 out of 5 maternal deaths** are deemed preventable.



**75% of mothers** who screen positive for depression don't access treatment. **UNTREATED** MMH conditions increase the risk of long-term negative impacts on mothers, babies, and families.



**ACCESS**  
**Mental Health**  
**and Substance Use**  
**for Moms**

Established in 2022, Connecticut's ACCESS Mental Health and Substance Use (AMHSU) for Moms program supports providers treating pregnant and postpartum individuals up to one-year post delivery presenting with mental health and substance use concerns, regardless of insurance. Front-line obstetric and primary care providers have real-time access to seasoned psychiatric experts to help them better screen, assess, and treat their patients by calling one statewide number 1-833-978-MOMS (6667).

~Psychiatric Consultation ~Resource & Referral Support ~Trainings & Toolkits

## AMHSU for Moms Program Success To-Date\*



**2,667** Real-time psychiatric consults provided



**439** Individuals supported through consultation



**344** Individuals and their families connected to community-based care



**13,942** Website views of evidenced-based trainings and provider toolkits



\*June 2022 - December 2024

## What People Are Saying About AMHSU for Moms

*"The ability to call and get guidance has been a game changer for me!" ~Obstetric Provider, Fairfield County*

*"Finding psychiatric care in pregnancy was particularly difficult on my own- this service made the process much more streamlined and effective" ~Obstetric Provider, New Haven County*

*"Thank you so much again. Just knowing your program exists made me feel less alone and gave me hope in my hardest days so far." Mom after receiving resource and referral support, New Haven County*

