

Show Notes

Episode 105

May is Maternal Mental Health Awareness Month. Unfortunately, maternal mental health is vastly underreported. To help bring awareness to this important issue, we welcomed Becky Baruth into our space to share information with us about what maternal mental health is and how to identify a potential problem. Becky is a certified perinatal mental health professional and postpartum doula.



STATISTICS

- 1 in 5 (20%) of women experience a perinatal mental health disorder
- 1 in 10 men (or non-biological parent) experience mental health issues in the postpartum period as well

RESOURCES

- [New Mom Mental Health Checklist](#)
- [Postpartum Support International](#)

For more information on the services Becky Baruth provides, you can visit:

- <https://omahasupport.com/>
- <https://www.facebook.com/omahasupport>

To learn more about Omaha Better Birth Project, visit www.omahabetterbirth.org