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*New brief
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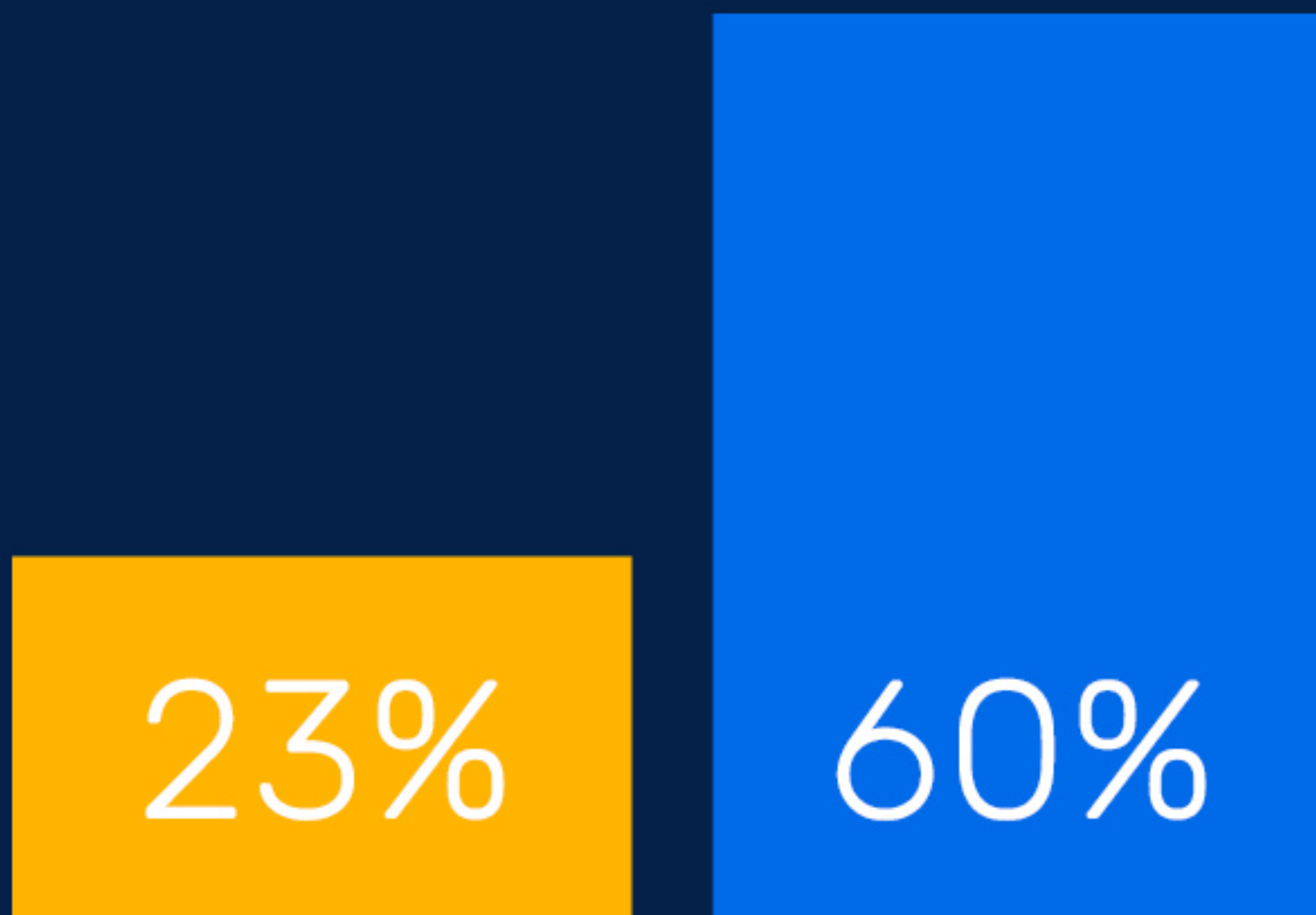
Maternal mental health screening in California: progress & opportunities



37% of pregnant people experience depression or anxiety symptoms **but only 66%** of them are screened for mental health conditions both during and after pregnancy.

Those who are **Black, Hispanic, experience language barriers, or have Medi-Cal** are **less likely to be screened.**

PEOPLE WHO ARE SCREENED ARE MORE LIKELY TO RECEIVE MENTAL HEALTH CARE.



60% of those screened for depression or anxiety get care.

23% of those not screened get care.

"After leaving the hospital with a newborn, off we go with no real knowledge of all the mental changes we just went through and will go through. Information on mental support after birth is very important."

-MIHA participant, 2024