



# MATERNAL HEALTH

## *Resource Packet*



SUPPORT. INFORM. EMPOWER.

*Healthy moms. Thriving families.*



# Maternal Mental Health Clinical Resource Packet

## Designed for Women of All Ages – Pregnancy & Postpartum Support

This resource integrates clinical guidance with faith-centered encouragement to support emotional wellness, early identification, and access to care.

### 1. Clinical Wellness Self-Assessment

- I feel supported by at least one trusted individual.
- I am sleeping at least 4–6 cumulative hours per 24-hour period.
- My mood is generally stable.
- I am able to experience moments of enjoyment.
- I feel emotionally connected to my baby.
- Anxiety symptoms feel manageable.
- I feel safe in my current environment.

**Clinical Note:** If multiple areas are consistently concerning, consult with your OB/GYN, primary care provider, midwife, or mental health professional.

### 2. Urgent Red Flag Indicators

- Thoughts of self-harm.
- Thoughts of harming the baby.
- Hallucinations or detachment from reality.
- Severe paranoia, confusion, or extreme mood shifts.

Emergency Response: Call or text 988. In immediate danger, call 911.

### 3. EPDS Screening Overview

The Edinburgh Postnatal Depression Scale (EPDS) is a validated 10-item screening tool used globally to identify possible postpartum depression. A score of 10 or higher typically warrants further evaluation. Any endorsement of self-harm requires immediate clinical assessment.

### 4. National & Michigan Resources

- Postpartum Support International – 1-800-944-4773 (Call/Text)
- 988 Suicide & Crisis Lifeline – Call or Text 988
- Michigan 2-1-1 – Dial 211 for local services
- University of Michigan Perinatal Psychiatry Clinic (Ann Arbor)
- Community Mental Health Authority – Clinton, Eaton & Ingham Counties



# Edinburgh Postnatal Depression Screening (EPDS)

The Edinburgh Postnatal Depression Scale (EPDS) is a short questionnaire designed to help identify feelings and emotions that many women experience during pregnancy or after having a baby.

## Before You Begin

- This screening is not a test and there are no right or wrong answers.
- Please answer each question honestly based on how you have felt over the **past 7 days**, not just today.
- Your responses will help your healthcare provider better understand how you are feeling and determine whether additional support may be helpful.

## How to Complete Screening

- Read each statement carefully.
- Choose the response that best describes how you have felt during the last 7 days.
- Select only one answer for each question.
- Complete all questions if possible.

## Important to Remember

- Many new mothers experience emotional changes after childbirth, including stress, sadness, anxiety, or feeling overwhelmed. These feelings are common, and support is available.
- If you are having thoughts of harming yourself or feel unable to cope, please tell your healthcare provider immediately or seek emergency assistance.

Total Score	Interventions
EPDS Score <10	Normal/Negative Screen - likely not suffering at this time <ul style="list-style-type: none"><li>• Provide verbal and written education about risks/incidence</li><li>• Use clinical judgment regardless of EPDS score</li></ul>
EPDS Score 10-12	At Risk for Depression and/or Anxiety <ul style="list-style-type: none"><li>• Discuss results and provide education</li><li>• Social work referral</li><li>• Notify OB Provider</li></ul>
EPDS Score >13	Positive Screen – likely suffering from depression and/or anxiety <ul style="list-style-type: none"><li>• Discuss results and provide education</li><li>• Social work referral</li><li>• Notify OB Provider</li></ul>
>0 on Question #10	Maternal Crisis – At risk of harm to self or others <ul style="list-style-type: none"><li>• Screen for suicide risk using the Columbia Suicide Severity Rating Scale and follow interventions accordingly</li><li>• Notify OB provider immediately</li><li>• Social work referral</li></ul>



1. I have been able to laugh and see the funny side of things	As much as I always could (score of 0) Not quite so much now (score of 1) Definitely not so much now (score of 2) Not at all (score of 3)
2. I have looked forward with enjoyment to things	As much as I ever did (score of 0) Rather less than I used to (score of 1) Definitely less than I used to (score of 2) Hardly at all (score of 3)
3. I have blamed myself unnecessarily when things went wrong	Yes, most of the time (score of 3) Yes, some of the time (score of 2) Not very often (score of 1) No, never (score of 0)
4. I have been anxious or worried for no good reason	No, not at all (score of 0) Hardly ever (score of 1) Yes, sometimes (score of 2) Yes, very often (score of 3)
5. I have felt scared or panicky for no very good reason	Yes, quite a lot (score of 3) Yes, sometimes (score of 2) No, not much (score of 1) No, not at all (score of 0)
6. Things have been getting on top of me	Yes, most of the time I haven't been able to cope at all (score of 3) Yes, sometimes I haven't been coping as well as usual (score of 2) No, most of the time I have coped quite well (score of 1) No, I have been coping as well as ever (score of 0)
7. I have been so unhappy that I have had difficulty sleeping	Yes, most of the time (score of 3) Yes, sometimes (score of 2) Not very often (score of 1) No, not at all (score of 0)
8. I have felt sad or miserable	Yes, most of the time (score of 3) Yes, quite often (score of 2) Not very often (score of 1) No, not at all (score of 0)
9. I have been so unhappy that I have been crying	Yes, most of the time (score of 3) Yes, quite often (score of 2) Only occasionally (score of 1) No, never (score of 0)
10. The thought of harming myself has occurred to me	Yes, quite often (score of 3) Sometimes (score of 2) Hardly ever (score of 1) Never (score of 0)

Total Score: \_\_\_\_\_

The New Metropolitan Detroit Club provides this assessment for educational and wellness purposes only. Participation is voluntary and at the individual's own risk. This material is not intended to diagnose, treat, cure, or prevent any medical condition. Participants should consult a qualified healthcare professional prior to engaging.

# Know the **Urgent Maternal Warning Signs**

Seek care immediately if you are pregnant or within a year of delivery, and have any of these symptoms.



Headache that won't go away or gets worse over time



Dizziness or fainting



Changes in your vision



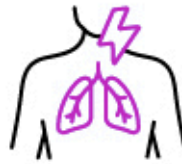
Fever of 100.4° F or higher



Extreme swelling of your hands or face



Thoughts of harming yourself or your baby



Trouble breathing



Chest pain or fast beating heart



Headache that won't go away or gets worse over time



Severe belly pain that doesn't go away



Baby's movement stopping or slowing during pregnancy



Severe swelling, redness or pain of your leg or arm



Vaginal bleeding or fluid leaking *during* pregnancy



Heavy vaginal bleeding or discharge *after* pregnancy



Overwhelming tiredness



# Black Maternal Health Resources



## Check Out These Websites for Support:

- [BlackCoalitionForSafeMotherhood.org](https://BlackCoalitionForSafeMotherhood.org)
- [BlackMamasMatter.org](https://BlackMamasMatter.org)
- [BlackMaternalHealthCaucus-Underwood.house.gov](https://BlackMaternalHealthCaucus-Underwood.house.gov)
- [MarchOfDimes.org](https://MarchOfDimes.org)
- [OperationFoodSearch.org](https://OperationFoodSearch.org)

Whether you're looking for education, mental health support, or advocacy, these resources exist to help.



Operation  
Food Search



# A Prescription for Health, Hope, and Opportunity

Rx Kids is a community-wide cash prescription program for pregnant moms and babies living in participating locations. Rx Kids provides moms with \$1,500 in no-strings-attached cash during pregnancy, and \$500 a month for their baby's first six or 12 months.

“ Rx Kids has brought us peace of mind at this critical moment for our family. ”

Visit [RxKids.org](https://www.RxKids.org) to see if you live in an Rx Kids community.



**It Takes a Village of Love and Support**  
Rx Kids is brought to you by the following partners:



Rx Kids is made possible with generous support from the State of Michigan and a growing family of funders and supporters. For a complete list, visit [RxKids.org/Funders](https://www.RxKids.org/Funders).



## CITY OF DETROIT HEALTH DEPARTMENT

# Rides to Care

Pregnant? New Mom?  
Caregiver? Get **FREE RIDES**  
to doctor appointments!



### WHAT CARE VISITS QUALIFY FOR FREE TRANSPORTATION?



#### PRENATAL

Healthcare appointments  
to help keep new mom  
and baby healthy  
during pregnancy



#### POSTPARTUM

Up to a year of rides  
to health care  
appointments following  
birth of their child



#### PEDIATRIC

Up to the baby's first  
birthday to help  
them stay healthy

### When are free rides available?

- Monday – Friday, 8 a.m. – 6 p.m.
  - Saturday, 8 a.m. – 2 p.m.
- Services are not available on holidays*

### How are free rides scheduled?

- Call **313-876-0000** to schedule a ride
- Allow enough time to get to the appointment on time
- Rides can be scheduled up to one hour before the appointment or a week in advance

**All riders with children must bring  
their own car seat**

### MORE INFORMATION

Visit [detroitmi.gov/RidesToCare](https://detroitmi.gov/RidesToCare)  
or scan the QR code

