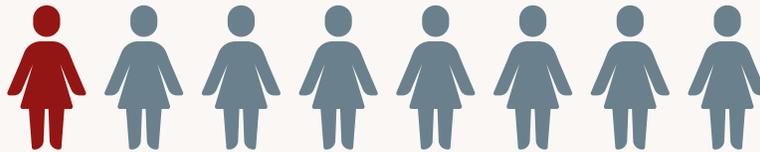


Perinatal Behavioral Health

Addressing challenges and
disparities in St. Louis



In St. Louis, Black moms are at **even higher risk for depression and stress** during and after pregnancy



On average, **1 in 8 women and birthing people** experience perinatal depression and anxiety

Stigma

The stigma associated with behavioral health **can create great barriers** when asking for help

Fear

With a history of being ridiculed by service providers, Black moms **fear sharing behavioral health concerns**

Stress

Limited services available in the Black community can **add extreme stress** for mothers wanting behavioral health care

