

FREE ONLINE LEARNING PATHWAY

PERINATAL MENTAL HEALTH 101

CE CREDITS & CERTIFICATE AVAILABLE
<https://learn.wellbeing4la.org>



The #1 complication of pregnancy and the postpartum period is depression and anxiety. Learn how to support the pregnant and postpartum people in your workplace and personal life.

AUDIENCE

Pediatricians • OB/GYNs • Nurses • Lactation Consultants
Social Workers • Therapists • Case Managers • Doulas
Midwives • Daycare Providers • Preschool Teachers
Children's Librarians • Sports Coaches • Parents • Etc.

MODULES

1. What is Perinatal Mental Health?
2. Impact of Perinatal Mental Health Conditions
3. Disparities in Perinatal Mental Health Care and Cultural Humility
4. Impact of Stress and Trauma in the Perinatal Period
5. Perinatal Screening, Assessment, and Referrals
6. Perinatal Grief and Loss



Continuing Education: This learning pathway meets the qualifications for 6 hours of continuing education for LMFTs, LPCCs, LCSWs, LEPs, and psychologists as required by the California Board of Behavioral Sciences and California Board of Psychology. The UCLA Division of Population Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. The UCLA Division of Population Behavioral Health maintains responsibility for this program and its content.

OBJECTIVES

- 01 Describe the symptoms of perinatal mood and anxiety disorders.
- 02 Describe how perinatal mental health impacts infants, children, and family.
- 03 Explain the historical context of racism and reproductive coercion that contributes to mental health disparities and implicit bias within the health care system.
- 04 Explain how trauma contributes to and/or may cue perinatal mental health conditions and how to address risk factors.
- 05 Identify the three most commonly utilized screening tools for perinatal mood and anxiety disorders in the perinatal period.
- 06 Name the types of loss that new and expectant parents might experience along the reproductive journey.



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