

CHWs LEARN



Perinatal Mood Disorders: Detection, Informed Care, and Referral Processes

WHO (YOU?)

If this describes you, please come!
**I am a Community Health Worker,
Doula**
or early childhood home visitor.

**After this training, participants
will be able to:**

- Define perinatal mood disorders and key risk factors, focusing on Major Depressive Disorder and Bipolar Disorder.
- Introduce three evidence-based screening tools: PHQ-9, Edinburgh Postnatal Depression Scale, and Mood Disorder Questionnaire.
- Identify barriers to screening and strategies to overcome them.
- Provide an overview of risk assessment in perinatal care.
- Explore strategies for time-limited, evidence-based interventions.
- Review referral processes and considerations for connecting clients to care.

WHAT **VIRTUAL + FREE!**

Led by Dr. Sarah Craig, PhD, a certified maternal mental health specialist and Chair of the NH Chapter of Postpartum Support International, this training will focus on identifying and managing perinatal mood disorders such as Major Depressive Disorder and Bipolar Disorder. Participants will explore risk factors, evidence-based screening tools (PHQ-9, Edinburgh Postnatal Depression Scale, Mood Disorder Questionnaire), and practical strategies for time-limited care. The session will also cover barriers to screening, risk assessment, and referral processes, equipping participants to deliver informed, compassionate care.

WHEN

Thursday
February 6, 2025
1pm-3pm

PRESENTED BY

Sarah Craig, PhD

Postpartum Support
International New Hampshire

ABOUT PSI-NH

The NH chapter of Postpartum Support International was re-established in 2022 to promote awareness, prevention, and treatment of perinatal mental health issues. They focus on training providers, advocating for extended postpartum Medicaid benefits, and addressing community needs.

REGISTER TODAY >>> <https://bit.ly/PerinatalMoodDisorders>



Department of
**HEALTH &
HUMAN SERVICES**

Division of
Public Health