What to Expect When You are Not Expecting a Pandemic: Mental Health Consequences

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The COVID-19 pandemic has created unprecedented challenges in health care

- Can be harder to access health care
- Ob care and mental health care has changed
- Stressors include social isolation, financial insecurity, IPV
- Prior coping mechanisms may not be available
The COVID-19 pandemic is increasing perinatal depression and anxiety

**Depression**
1-2 in 5

**Anxiety**
1 in 3


The COVID-19 pandemic is exposing and widening health inequities

- Race, income and public health insurance coverage increase the risk of perinatal mood and anxiety disorders
- Communities of color are disproportionately affected by the pandemic
- Acute and longstanding racial trauma
Global traumatic events, such as the COVID-19 pandemic, can be traumatic for women and families.

The pandemic can delay recognition of mental health conditions.
Mental health screening, assessment and diagnosis is more complicated

Mental health supports and resources are available

- **Trauma-informed care**
- **Educate, prepare, and provide choices**
- **Refer to mental health treatment and other supports**
- **Physical distancing yet social connectedness**

https://www.mcpapformoms.org/
The COVID-19 pandemic has created unprecedented challenges and exposed long-standing inequities and gaps in health care across the world.

Health equity

Trauma informed care

EMR integration and technology

QUESTIONS?

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Thank you!
Please contact me with questions
www.mcpapformoms.org
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Thank you!