

## WOMEN/ MATERNAL HEALTH

# IMPROVING MENTAL & BEHAVIORAL HEALTH

## THE PROBLEM:

In Nebraska, suicide was a top 5 cause of death among women of reproductive age between 2018–2022. In 2022 alone, 33 women aged 15–44 died by suicide.

Nationally, mental health conditions were the most frequent underlying cause of

death for pregnancy-related deaths in 2020.

From 2018–2022, 1 in 10 Nebraska women who had a recent live birth reported experiencing postpartum depressive symptoms with racial disparities.

## THE IMPACT:

Without intervention, women of reproductive age will continue to struggle with mental health conditions, and the number of lives lost to suicide will rise. Maternal mental health issues have far-

reaching consequences, for mothers, their children, and family systems. Caregiver well-being plays a crucial role in providing the stability and responsiveness essential for a child's healthy development.

## KEY PROPOSED STRATEGIES:

**Integrate Behavioral  
Health into Primary Care**

**Provide Universal Mental  
Health Screenings**

**Offer Collaborative Care  
with Case Management**

