

Investing in maternal mental health = a stronger economy and a healthy nation.

1 in 5 mothers suffer from maternal mental health conditions and 75% do not get the care they need for recovery. The corresponding cost caused by the health care burden and lost productivity is \$32,000 per mother-infant pair, amounting to \$14 billion annually. The bottom line: addressing maternal mental health conditions contributes to healthy mothers and families, a massive cost savings to U.S. taxpayers, reduced burden on our health care system, and a stronger economy ([sources](#)).

National Maternal Mental Health Hotline (1-833-TLC-MAMA)

\$8 Million Requested (+\$1 Million)

Program Services

24/7 voice and text resources and support by trained professionals to mothers and families impacted by maternal mental health conditions.

Program Impact

Since launching on Mother's Day 2022, the Hotline has assisted more than 56,000 help-seekers with response times less than 30 seconds.

Purpose of Funds

- Support Hotline operations
- Provide outreach to mothers in rural areas
- Train Hotline counselors on best practices to support the unique needs of military servicemembers, Veterans, and their families

Effectiveness and Efficiency

Continued funding will ensure transparency in the allocation of resources and efficiency in Hotline operations, while leveraging technology to enhance telehealth capabilities for those in need.

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State Maternal Mental Health and Substance Use Disorders Program

\$13.5 Million Requested (+\$2.5 Million)

Program Services

Education, consultation, and resources to healthcare providers who support mothers.

Program Impact

Enables more frontline healthcare providers to screen and treat maternal mental health conditions, helping more mothers get the care they need.

Purpose of Funds

- Support 13 existing state programs
- Launch 3 additional programs
- Provide coordination and technical assistance
- Raise public awareness
- Increase access to care, particularly in rural areas and among tribal entities

Effectiveness and Efficiency

Continued funding will promote cost efficiencies, improve telehealth services, and integrate maternal and child mental health access programs, thereby streamlining support systems and reducing administrative burdens.

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About Us

MMHLA is a 501(c)3 nonpartisan nonprofit organization leading national efforts to improve maternal mental health in the United States by advocating for policies, building partnerships, and curating information.

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Common Sense Cost Savings

Each state program receives approximately \$750,000 each year. This is the equivalent of less than \$2.50 per birth, compared to the cost of untreated maternal mental health conditions, which is \$32,000 per birth.