SHADES of BLUE PROJECT

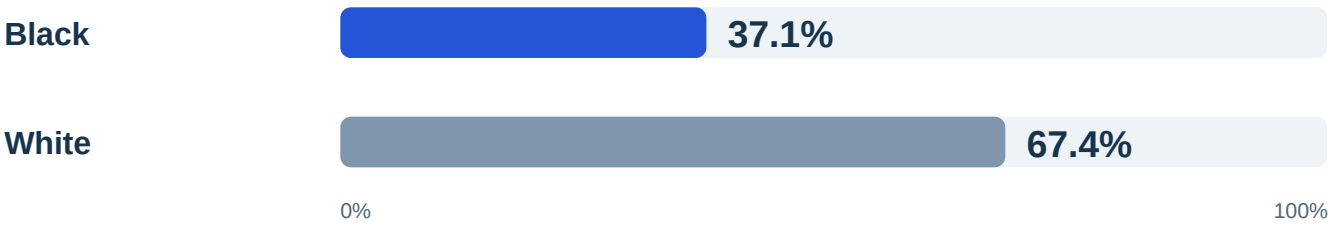
NOVEMBER 2026

Black maternal mental health



A GAP IN RECEIVING CARE

Mental health care in the first postpartum year among respondents with early depressive symptoms. [1]



2020 births • Seven U.S. jurisdictions • Non Hispanic Black and White respondents • Weighted estimates, not a national population estimate.

40.1%

Reported discrimination in maternity care

Black respondents in a CDC 2023 opt in survey. These are self reported experiences, not a national population estimate or a mental illness prevalence rate. [2]

BROADER MATERNAL HEALTH

44.8 Black women vs **14.2** White women

U.S. maternal deaths per 100,000 live births in 2024. Non Hispanic groups. During pregnancy or within 42 days; excludes accidental or incidental causes. These are not mental health death rates. [3]

ACKNOWLEDGE

Listen to what changed.
Take concerns seriously.

RESPECT

Honor choices, culture, privacy, and lived experience.

SUPPORT

Connect to care.
Follow up on referrals.

You deserve to be heard before reaching a crisis.

EVIDENCE AND COMMUNITY ACTION

Find support shadesofblueproject.org/support **Request services →**

U.S. immediate danger or suspected psychosis: call 911 or go to an emergency department. **Suicidal crisis or emotional distress:** call 988 or text 988.

Maternal support: call or text 1 833 852 6262. Free, confidential, 24/7. HRSA. Not a crisis line.

Sources [1] Haight et al. Health Affairs 2024 [2] CDC Maternity Care Experiences 2023 [3] NCHS Maternal Mortality Rates 2024

Educational information, not a diagnosis. Updated November 17, 2026.