SHADES of BLUE PROJECT

NOVEMBER 2026

Maternal mental health in the United States



CDC REVIEW DATA • 2022 DEATHS IN 45 STATES

CDC release: April 20, 2026

27.7%

OF DEATHS WITH A KNOWN CAUSE

Mental health conditions were the leading underlying cause

Among 779 reviewed pregnancy related deaths with a known cause, 216 were attributed to mental health conditions. The category includes suicide and deaths related to substance use disorder. [1, 2]

37.8%

Care must continue after six weeks

305 of 807 reviewed deaths occurred 43 to 365 days after pregnancy. This includes all pregnancy related causes. [1]

85.7%

Prevention is possible

Of 795 deaths with a preventability determination, this share was judged preventable. This includes all pregnancy related causes. [3]

WHAT THIS MEANS FOR CARE

Listen early. Connect screening to assessment and treatment. Keep support available throughout the year after pregnancy. Include Black mothers and people with lived experience in decisions.

The numbers describe reviewed deaths, not an individual parent's risk.

NATIONAL FACT SHEET

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] CDC MMRC 2022 causes and timing [2] CDC MMRIA methods and definitions [3] CDC MMRC 2022 preventability

Pregnancy related deaths can occur during pregnancy or within one year. Missing or undetermined values are excluded where noted.