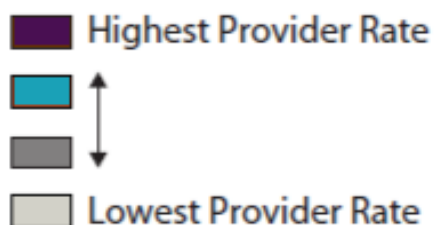
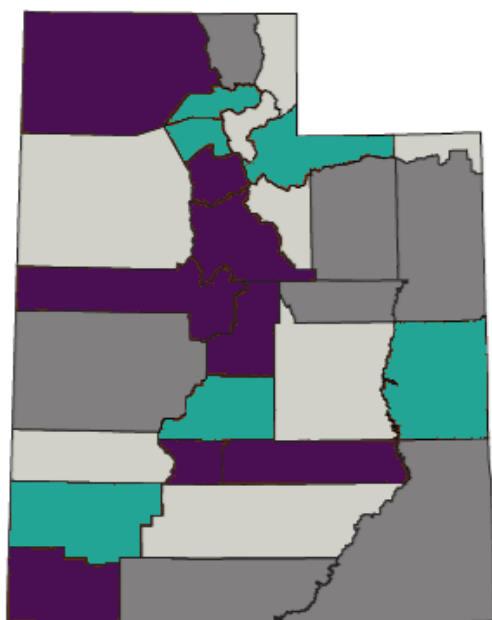


Maternal mental health in Utah

Utah has fewer mental health providers than the national average, with 365 providers per 100,000 people, while the national average is 378.

Mental Health Providers per 100,000 people



Mental health conditions and substance use disorders are the most common factors that contribute to maternal deaths in Utah.

Nearly half of women experience symptoms of depression or anxiety before, during, or after pregnancy. The state ranks 4th among states for postpartum depression symptoms and 6th highest for depression among women.

Experts identify several barriers to substance use disorder services, including:

- limited availability of maternal health-focused substance use treatment and detox facilities;
- limited health care provider training on maternal substance use disorders
- social stigma.

For more information
please scan the QR
code! or visit
[ruralhealth.utah.gov](https://ruralhealth.utah.gov/maternal-health)
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