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## OLR Bill Analysis

### SB 1160

#### ***AN ACT CONCERNING PERINATAL MOOD AND ANXIETY DISORDERS.***

#### **SUMMARY**

This bill requires the Department of Public Health (DPH) to develop a toolkit to provide information and resources on maternal mental health to licensed health care professionals and new parents in the state. In doing so, DPH must consult with the Department of Mental Health and Addiction Services and organizations representing health care facilities and licensed health care professionals.

The toolkit must at least include (1) information about perinatal mood and anxiety disorders (see BACKGROUND), including their symptoms, potential impact on families, and treatment options; and (2) a list of licensed health care professionals, peer support networks, and nonprofit organizations in the state that treat these disorders or provide related support for patients and their family members. By October 1, 2023, DPH must make the toolkit available on its website.

Starting October 1, 2023, the bill also requires hospitals to include training in perinatal mood and anxiety disorders as part of their regular training to staff members who provide direct care to women who are pregnant or in the postpartum period.

EFFECTIVE DATE: Upon passage, except October 1, 2023, for the hospital training provision.

#### **BACKGROUND**

##### ***Perinatal Mood and Anxiety Disorders***

Generally, perinatal mood and anxiety disorders refer to a range of symptoms that may occur during pregnancy and the post-partum period, such as depression and anxiety, or in rare cases, post-partum

psychosis.

**COMMITTEE ACTION**

Public Health Committee

Joint Favorable

Yea 38 Nay 0 (03/10/2023)