

# Substance Use and Its Impact on Perinatal and Postpartum Mental Health

**Register Here**



[Register using this link](#)



**October 21, 2025**

12:00 - 1:00 pm CT

Virtual Meeting



**Dr. Kristine M. Glass**

Presenting from Texas Tech Health El Paso

If you have questions, please email [Edu-Services@ttuhsc.edu](mailto:Edu-Services@ttuhsc.edu) for assistance.

## Overview

Maternal and child mental health are closely linked, especially during the perinatal period. One in five new Texas mothers may experience mental health conditions such as depression, and mental health challenges are one of the leading causes of preventable maternal mortality within the first year of giving birth. The state-funded Perinatal Psychiatry Access Network (PeriPAN) offers free perinatal psychiatry consultation and education to health clinicians who interact with new mothers and mothers to be.

Join us for free webinars on Perinatal Mental Health. Participants can expect engaging discussions on evidence-based practice and care. Texas Tech University Health Sciences Center and the PeriPAN program are pleased to provide free CME credits for participants.

## Learning Objectives

- Discuss the prevalence of substance use in perinatal and postpartum populations.
- Examine the comorbidity of substance use and mental health disorders during this period.
- Explore treatment options and best practices for supporting affected individuals.
- Identify resources for healthcare providers to address substance use in perinatal care.