

# Psychopharmacology: Common Psychotropics for Maternal Mental Health Conditions

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**January 20, 2026**

12:00 - 1:00 pm CT

Virtual Meeting



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Presenting from The University of Texas  
Medical Branch at Galveston

If you have CME/CEU 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

- Review the psychopharmacology of common psychotropic medications.
- Discuss psychotropics utilized on the common mental health conditions: anxiety disorders, depressive disorders, ADHD, PTSD, bipolar disorder, OCD, and schizophrenia.
- Explore potential risks and benefits of these medications in perinatal populations.
- Identify evidence-based prescribing practices during pregnancy and breastfeeding using the PLLR (pregnancy and lactation labeling rule).