

Maternal Mental Health Conditions and Screening Practices

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May 19, 2026

12:00 - 1:00 pm CT

Virtual Meeting



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Presenting from Texas Tech Health El Paso

If you have CME/CEU questions, please email Edu-Services@ttuhsc.edu for assistance.

Overview

Maternal and child mental health are closely linked, especially during the perinatal period. In Texas, 1 in 5 new mothers may experience mental health challenges which 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 importance of early screening and detection of mental health issues in pregnant individuals.
- Identify screening tools and best practices for healthcare providers.
- Review how to utilize tools on PeriPAN website.
- Explore strategies for integrating mental health screenings into routine prenatal care.



In support of improving patient care, Texas Tech University Health Sciences Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

"This activity was planned by and for the healthcare team, and learners will receive 1 Interprofessional Continuing Education (IPCE) credits for learning and change."

Physicians:

Texas Tech University Health Sciences Center designates this live activity for a maximum of 1 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

1 Continuing Education (CE) credits are awarded.

As a Jointly Accredited Organization, Texas Tech University Health Sciences Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.0 hours continuing education credits.



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Texas Child Mental
Health Care Consortium

PeriPAN
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