

Perinatal Depression to Wellness Network Vision/Mission Statement

The Contra Costa County Perinatal Depression to Wellness Network is a broad-based collaborative of county and community health and human services providers dedicated to promoting wellness during pregnancy, childbirth, and parenting by finding effective ways to address stress, anxiety, depression and other mood disorders during the childbearing years. We recognize that the incidence of perinatal mood disorders is especially high in many communities because of inequities in health, the stressors of poverty, unequal access to health care, isolation, substance abuse, domestic violence, racism, and the scarcity of effective resources to address these issues.

Our mission is to reduce the short and long term negative impact of unidentified and untreated anxiety and mood disorders during pregnancy and after a baby is born. Through our efforts we will increase awareness of Perinatal Depression among health professionals and in the communities we serve, as well as advocate for consistent screening, education, referrals and treatment for Perinatal Depression in the health care system.

We value the diverse perspectives and contributions of this network in building an equitable and inclusive integrative system of care.

WIC Training August, 2010



This institution is an equal opportunity provider.

