

# Listening to Women

*Helping Moms Stay Healthy During Pregnancy and After Birth*



Listening to Women (LTW) is a program that helps pregnant and new moms stay healthy. The program uses simple text messages and phone calls to check in with moms during pregnancy and after their baby is born. Short questions help identify stress, depression, safety concerns, or basic needs. A care coordinator connects moms to helpful services and resources. The goal of the program is to make sure moms get help early and easily.

## Why is this program important?

1 in 5 women will experience a mental health concern during pregnancy and the postpartum year. These concerns may include anxiety, depression, substance use. Mental Health conditions can be harmful to mom's health and a child's development.

**GOAL:** To improve maternal mental health by enhancing screening and communication between pregnant and postpartum moms and their healthcare providers.

## Program Results

Compared with usual care:

- Moms were 3.0 times more likely to be screened for mental health concerns
- Moms were 3.1 times more likely to screen positive, identifying unmet needs
- Moms were 4.4 times more likely to receive referrals to supportive services
- Moms were 5.7 times more likely to attend treatment

## How It Works

- Moms receive quick text message check-ins during pregnancy and the year after giving birth.
- Questions take about 1-2 minutes and cover mental health, substance use, safety, and basic needs.
- A trained Care Coordinator reviews responses and contacts moms who may need support, resources, and/or referrals.
- Moms receive immediate feedback and can reach out for help anytime during business hours.

## Why It Matters

- Too many moms navigate pregnancy and postpartum challenges without being seen, heard, or supported. Listening to Women changes that.
- By creating a simple, consistent connection point, this program ensures concerns are identified earlier, care is more responsive, and no mom falls through the cracks.
- It empowers women to speak up, strengthens connections to care, and helps build healthier outcomes for moms, babies, and families.

For more information, visit the [program page](#) or scan the QR code.

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