Introduction
- The mission at Her Health First (HHF) is to promote health equity for women in Sacramento County. They provide support programs that serve women of color during all stages of life.
- Black Mothers United (BMU) provides support, education, and resources to expecting African American mothers with the goal to reduce preterm labor and low birth weight in newborns.

Current Challenge
- African American women are at higher risk for developing mental illness due to risk factors such as low income, poor health, multiple role strains, and double minority status from race and gender.
- The project goal was to identify barriers preventing pregnant mothers from seeking mental health services.
- The results will help gather information on how to increase the rate of mental health referrals and follow-up appointments within the BMU program.

Project Description
- Mixed Methods study
- Focus Group
- Written Survey
- 22 mothers participated

Results
Focus Group Themes:
1. Lack of trust in Mental Health Personnel or Mental Health System
2. Fear of Judgement
3. Belief that Mental Health Care is Not Helpful

Recommendations
- Compile a list of African American Mental Health providers to recommend for clients
- Provide more information about mental health care and services through educational handouts or Mommy Mingle meetings
- Offer mental health referral to all clients

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Reasons Mothers Did Not Seek Out Mental Health Services

- My family or friends tell me not to: 5%
- I don't think I need mental health services: 18%
- Mental health services do not help: 22%
- It takes too long to get an appointment: 27%
- I have gone before, and it was not helpful: 27%
- I don't have a way to get to appointments: 27%
- I need more information about mental health services: 31%
- I worry what others may think or say about me if I use the services: 40%
- I don't want to talk to someone I don't know: 45%