

# An Overview of California's Maternal Mental Health Laws for Moms and Families

## AB 3032: Hospital Maternal Mental Health

This bill is effective 1/1/2020 and requires hospitals to:

- Train clinicians that interact with pregnant and postpartum women on the range of maternal mental health disorders and signs and symptoms.
- Inform pregnant and postpartum women about the range of maternal mental health disorders, signs and symptoms and how to seek help if they may be suffering.

If you believe your hospital has not complied with the law, you can report issues to the California Department of Public Health the state agency who licenses hospitals.

[www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/FileAComplaint.aspx](http://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/FileAComplaint.aspx)

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## AB 2193: Obstetric Provider Screening and Insurance Company MMH Program Development

This law is effective 7/1/2019 and requires:

- Obstetric providers (OB/GYNs, Midwives and family practice PCPs) to confirm a pregnant or postpartum woman has been screened at least once during the perinatal period, or to screen her. Screening must occur using a evidence based questionnaire, like the “EPDS” or “PHQ.” Though not specified in the law, the intent is that these providers would also provide basic diagnosis (anxiety or depression first ruling out bipolar disorder) and develop a treatment plan with the mother’s input, or provide mothers with a list of evidence based treatment options.
- Health Insurers to develop a Maternal Mental Health Program. The law is not prescriptive but the intent is for such a program to assist screening providers and mothers in receiving timely and competent treatment.

If your doctor does not provide screening at least once during pregnancy/postpartum period, you can file a complaint with the California State Medical Board.

[www.mbc.ca.gov/Consumers/Complaints/](http://www.mbc.ca.gov/Consumers/Complaints/)

If your health insurer doesn’t assist your provider or you in receiving competent and timely treatment you can file a complaint with:

The California Department of Managed Health Care (for HMO type plans)

[www.dmhc.ca.gov/FileaComplaint.aspx](http://www.dmhc.ca.gov/FileaComplaint.aspx)

-or-

The California Department of Insurance (for PPO type plans).

[www.insurance.ca.gov/01-consumers/101-help/index.cfm](http://www.insurance.ca.gov/01-consumers/101-help/index.cfm)



[www.2020Mom.org](http://www.2020Mom.org) | email: [info@2020Mom.org](mailto:info@2020Mom.org)  
5042 Wilshire Boulevard, #31842, Los Angeles, California 90036