

Postpartum Depression Screening

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

Postpartum depression (PPD) screening is recommended during C&TC visits up to 13 months. Mental health concerns up to one year from the end of pregnancy are a leading cause of maternal mortality; universal screening and quality follow-up make a meaningful difference for families.

C&TC standards

General

Universal PPD screening is recommended for any accompanying caregiver at the 0-1 month, 2-month, 4-month, and 6-month visits. Screening may be offered more frequently or at other infant visits as needed up to 13 months of age, as outlined in the [Minnesota Health Care Programs \(MHCP\) Provider Manual – C&TC Section](#).

Personnel

Screening personnel qualifications are instrument-specific; refer to each instrument's instruction manual for more information.

A licensed health care provider must interpret the results and ensure appropriate follow-up: physician, nurse practitioner, physician assistant, or registered or public health nurse (RN, PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health.

Documentation

Record the name of the completed screening instrument and that you

performed the screening as a “risk assessment” in the child’s medical record. Including the screening score results or a copy of the screening instrument in the child’s record is not required.

Refer to the documentation forms on the [C&TC Early and Periodic Screening, Diagnostic, and Treatment resources](#) webpage for documentation examples or to use as a template with your electronic medical record.

Procedure

Refer to [Perinatal Mental Health – Information for Health Professionals](#).

Use one of the following standardized screening tools:

- [Edinburgh Postnatal Depression Scale \(EPDS\)](#)
- [Patient Health Questionnaire-9 \(PHQ-9\)](#)

Review screening results with the caregiver. When concerns are identified, prompt referral for management is indicated.

Referral

[Pregnancy and Postpartum Support Minnesota](#) offers resources and training for health care professionals.

[The National Perinatal Psychiatric Consult Line](#) for medical professionals offers free consultations with a reproductive psychiatrist.

When a screen generates a serious concern, the health care provider should do more than provide a referral. They should actively facilitate the next level of care for the individual. Emergency mental health interventions are necessary for concerns such as suicidal ideation or risk of harm to the infant (American College of Obstetricians and Gynecologists, 2023).

Importance of screening

Mental health concerns in the postpartum period are a leading cause of maternal mortality (Centers for Disease Control and Prevention, 2025). Twenty-five percent of birthing persons with low incomes report PPD symptoms, and rates are likely higher. Up to 25% of partners suffer from PPD. Early intervention of PPD is urgent as long-term effects on the child include adverse health, social, and educational outcomes (Earls et al., 2019).

Professional recommendations

American Academy of Pediatrics

Postpartum depression screening is recommended at the 1-month, 2-month, 4-month, and 6-month well-child visits.

The EPDS and PHQ-9 are feasible and effective measures (Earls et al., 2019).

United States Preventive Services Task Force

Postpartum depression screening is recommended for pregnant and postpartum birthing persons (US Preventive Services Task Force, 2023).

Resources

Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards](#)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](#)

Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\)](#)
- [Depression or Anxiety During and After Pregnancy](#)

Other resources

Mother-Baby Hope Line at Hennepin County Medical Center

- Statewide phone services: 612-873-5692. In-person services are only available in Hennepin County.

Perinatal support

- [National Maternal Health Hotline](#): call or text 1-833-852-6262 (1-833-TLC-MAMA)

For more information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3650 or email health.childteencheckups@state.mn.us.

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Resource links

- [Minnesota Health Care Programs \(MHCP\) Provider Manual – C&TC Section](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092)
(www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092)
- [C&TC Early and Periodic Screening, Diagnostic, and Treatment resources](https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources)
(<https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources>)
- [Perinatal Mental Health – Information for Health Professionals](https://www.health.state.mn.us/people/womeninfants/pmad/professionals.html)
(<https://www.health.state.mn.us/people/womeninfants/pmad/professionals.html>)
- [Edinburgh Postnatal Depression Scale \(EPDS\)](http://capp.ucsf.edu/sites/g/files/tksrra6871/f/Edinburgh%20Postpartum%20Depression%20Scale%20(English).pdf)
([capp.ucsf.edu/sites/g/files/tksrra6871/f/Edinburgh%20Postpartum%20Depression%20Scale%20\(English\).pdf](http://capp.ucsf.edu/sites/g/files/tksrra6871/f/Edinburgh%20Postpartum%20Depression%20Scale%20(English).pdf))
- [Patient Health Questionnaire-9 \(PHQ-9\)](http://www.phqscreeners.com)
(www.phqscreeners.com)
- [Beck Depression Inventory \(BDI\)](https://www.pearsonassessments.com/en-us/Store/Professional-Assessments/Personality-%26-Biopsychosocial/Beck-Depression-Inventory/p/100000159)
(<https://www.pearsonassessments.com/en-us/Store/Professional-Assessments/Personality-%26-Biopsychosocial/Beck-Depression-Inventory/p/100000159>)
- [Pregnancy and Postpartum Support Minnesota \(PPSM\)](https://ppsupportmn.org)
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- [The National Perinatal Psychiatric Consult Line](https://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/)
(<https://www.postpartum.net/professionals/perinatal-psychiatric-consult-line/>)
- [C&TC Schedule of Age-Related Screening Standards](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG>)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092)
(www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092)
- [Child and Teen Checkups \(C&TC\)](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm)
(www.health.state.mn.us/divs/cfh/program/ctc/index.cfm)
- [Depression or Anxiety During and After Pregnancy](http://www.health.state.mn.us/people/womeninfants/pmad/pmadfs.html)
(www.health.state.mn.us/people/womeninfants/pmad/pmadfs.html)
- [National Maternal Health Hotline](https://mchb.hrsa.gov/national-maternal-mental-health-hotline)
(<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>)

References

- American College of Obstetricians and Gynecologists (2023). Screening and diagnosis of mental health conditions during pregnancy and postpartum. *Obstetrics & Gynecology*, 141(6), 1232-1261.
<https://doi.org/10.1097/AOG.0000000000005200>
- Centers for Disease Control and Prevention (2025, August). *Pregnancy-related deaths: Data from maternal mortality review committees*. Retrieved from <https://www.cdc.gov/maternal-mortality/php/data-research/mmrc/>
- Earls, M. F., Yogman, M. W., Mattson, G., Rafferty, J., Committee on Psychosocial Aspects of Child and Family Health, Baum, R., Gambon, T., Lavin, A., & Wissow, L. (2019). *Pediatrics*, 143(1).
<https://doi.org/10.1542/peds.2018-3259>
- US Preventive Services Task Force (2023). Screening for depression and suicide risk in adults: US Preventive Services Task Force recommendation statement. *JAMA*, 329(23), 2057-2067.
<https://doi.org/10.1001/jama.2023.9297>