



## Sunflower Mountain Mental Health

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# Women's Mental Health & Rights Notice

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## Our Commitment to Women's Mental Health

At Sunflower Mountain Mental Health (SMMH), we recognize the unique mental health needs of women and individuals assigned female at birth. We provide **compassionate, gender-inclusive, and evidence-based care** to support mental wellness at all stages of life, including during pregnancy, postpartum, and menopause.

## Medicare & Medicaid Coverage for Women's Mental Health

Under **Medicare and Medicaid**, you have access to the following mental health services:

- **Screenings for Perinatal & Postpartum Depression**
- **Mental Health Therapy & Counseling** for anxiety, depression, PTSD, and trauma
- **Psychiatric Services & Medication Management**
- **Substance Use Disorder Treatment for Pregnant & Postpartum Individuals**
- **Support for Menopause-Related Mental Health Concerns**

If you are experiencing symptoms of **depression, anxiety, or emotional distress**, you have the right to seek treatment under **federal healthcare protections**.

## Rights for Pregnant & Postpartum Individuals

Medicare and Medicaid provide additional **protections and access** for pregnant and postpartum individuals, including:

- **Extended Medicaid Mental Health Coverage** (at least 12 months postpartum in many states)

- **Postpartum Depression & Anxiety Treatment Without Discrimination**
- **Access to Care Without Fear of Coercion** (you cannot be forced into treatment)
- **Confidential Mental Health Services** to protect your privacy

If you are struggling with your mental health during pregnancy or postpartum, you are **not alone**—help is available.

## **Non-Discrimination & Gender-Inclusive Mental Health Care**

SMMH is committed to providing **mental health care without discrimination** based on:

- Pregnancy or postpartum status
- Gender identity or expression
- Reproductive choices
- History of trauma, abuse, or intimate partner violence

We strive to create a **safe, inclusive, and affirming** environment for all individuals seeking care.

## **How to Get Help**

If you need mental health support, reach out to us:

- **Call us at (719) 679-5022** to schedule an appointment.
- **Visit our website** to learn more about our services.
- If you are in crisis, contact:
  - **Colorado Crisis Services:** Call **844-493-8255** or text **TALK to 38255**
  - **National Maternal Mental Health Hotline:** Call **1-833-9-HELP4MOMS** (1-833-943-5746)
  - **National Suicide Prevention Lifeline:** Call **988**

SMMH is here to support your journey to mental wellness—**you are not alone.**

**Last Updated: March 2025**