

Breaking down barriers and the stigma of perinatal mental health

Supporting Maternal Mental Health
Awareness Week 1 to 7 May 2023

Thursday 4 May



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What do we mean by 'perinatal' mental health?

- Perinatal mental health means mental health issues which can develop during pregnancy or within the a year of having a baby.
- The term also includes mental health issues following a miscarriage, stillbirth or baby loss.
- Common conditions include anxiety, depression, eating disorders and post-traumatic stress disorder (PTSD).



Did you know?

Around one in five women will experience a mental health issue during pregnancy or after birth.

70 per cent of them will not seek advice or support as they do not think it is important or do not want to be a burden

Maternal Mental Health Awareness Week 2023

‘Raising awareness is important so we can change attitudes, and be an advocate for women and families affected by mental health difficulties. We want to help families to access the resources available in their local area.’

‘Thrive is a brand new and exciting service that is rolling out within the Medway and Swale area over the coming months.’



Meet the Specialist Midwives



Team Lotus Perinatal Mental Health

- Irene Smith Lead Perinatal Mental Health Midwife
- Jennie Croucher Deputy Perinatal Mental Health Midwife



Thrive Birth Trauma and Perinatal Loss

- Donna Collins Maternal Mental Health Midwife

Team Lotus Perinatal Mental Health Service Medway and Swale

- Perinatal Mental Health facts and Myth busting
- Who are we?
- What do we do?
- Where can you find support?
- When should you seek support?

Thrive birth trauma and perinatal loss service Medway and Swale

- Who are the Thrive team?
- What do they do?
- Where can you access the service or other support?
- When can you access Thrive or other support?



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Any Questions?



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