Maternal Mental Health is a priority

2 in 10 women have a mental health problem during pregnancy and in the first year following the birth.

Over 75% of women do not get diagnosed and do not receive adequate treatment and support.

Not having adequate treatment has important consequences for the mother, the baby, the family, and society in general.

Why do we need to declare a World Maternal Mental Health Day?

- To give more visibility to this problem
- To combat social stigma
- To improve detection (diagnosis) and treatment
- To earmark more resources to maternal and infant mental health

Participate!
Join the campaign and spread the word!

#maternalMHmatters
wmmhday.postpartum.net

Let’s declare the first Wednesday of May each year to be Maternal Mental Health Day.

Maternal Mental Health Matters.