Improving Maternal Mental Health: A Personal Journey
A baby sister
Pregnant!
Not as planned
More and more tired
Why does everyone else seem to cope?
Where's my Mum?
Prevention in Mind - All Babies Count: Spotlight on Perinatal Mental Health.
By Sally Hogg

How many?

(NSPCC report 2013)

• Adjustment disorder 154,830 – 15 - 30% of mums
• Mild to moderate depression 86,020 – 10 to 15% of mums
• Severe depressive illness 20,640 – 3% of mums
• Puerperal psychosis 1,380 – 1 in 500 mums
Joe’s Story

• Breast feeding issues
• Sleep deprivation
• Professional pressure
• Personal pressure
• ‘Please take me with you’
Felicia’s Story

• Typical ‘middle class’
• Not from UK
• PND with first baby
• Moved house
Other issues

- C-section
- Breastfeeding
- Long-term effects
- Another baby?
Stigma
Gwyneth Paltrow

‘If you're left feeling like a zombie it doesn't make you a bad mother’
Why is perinatal mental health important ....
It affects the unborn child
It affects the mother
It affects the baby
It affects the Dad
(10% of new fathers can suffer ‘PND’) and many relationships break down
It affects the siblings
Me, age 10, with my siblings
It affects the grandparents
My grandparents with baby Dominic
It affects the family and friends
It affects society as a whole
4Children ‘Suffering in Silence’:

35,000 women are suffering in silence with the condition each year, having a devastating effect on their lives, and the lives of their families.
A staggering half of all women suffering from postnatal depression do not seek any professional treatment ....
.... and thousands more are not getting the right treatment quickly enough.
The Patients Association reported in March 2011 their investigation into commissioning of Perinatal Mental Health Services across 150 PCTs …..
78% of PCTs do not know the incidence of PND in their region
Family Action
Helen Dent, Chief Executive said:

“The tragic case of Joe Bingley shows the need for more joined up thinking and support for mothers at risk.....
.... The NHS needs a steep change in the way it recognises and supports postnatal depression if we are to try and ensure that families like the Bingleys aren’t failed by health services in future.”
Let’s make it better for Emily
So one day she will know the true joy of being a Mum...
‘Was there anything I could have said or done?’
Identifying Women at risk – a learning programme for midwives

http://www.beatingbipolar.org/perinataltraining/
Risk factors
(Kathleen Kendall-Tackett. 2007)
http://www.internationalbreastfeedingjournal.com/content/2/1/6

• Stress
• Sleep Disturbance
• Pain
• Psychological Trauma
• History of Abuse
• Inflammation as an underlying risk factor
Exhausted
Lonely
Aggressive
Irrational
Nervous energy
Emotional
Treatments

Referral to specialist services:
Mother & Baby units
Perinatal psychiatrists

Integrated Care Networks:
GP’s, Midwives, Health Visitors,
Care Workers,
Community care, Third sector support
Treatments

• Support groups
• Listening visits
• Anti-depressants
• Self help and peer support
• IAPT *Improving Access to Psychological Therapies*
• Cognitive Behavioural Therapy
An in-patient!
Back to life ....
Eyes Without Sparkle
a journey through postnatal illness
Elaine A Hanzak
With forewords by Judith Ellis and Diana Lynn Barnes

My book
The next chapter
Gratitude
Choice - knowledge
Recommended books

Supporting postnatal women into motherhood
By Lynn Bertram

When baby brings the blues
By Dr Ariel Dalfen
Suggested websites

www.chimat.org.uk
Child and Maternal Health Observatory

www.marcesociety.com
An International Society for the understanding, prevention and treatment of mental illness related to childbearing

http://depression-in-pregnancy.org/
Support for Women with Pre-natal Depression, Stress and Anxiety
The Maternal Mental Health Alliance (MMHA) is a coalition of UK organisations committed to improving the mental health and wellbeing of women and their children in pregnancy and the first postnatal year.

http://maternalmentalhealthalliance.org.uk/
Choice - positivity
Remember ..... 

Perinatal mental health challenges 

• Are treatable
• You have support and a ‘sisterhood’
• Will get better if you take proactive steps
Communication – how?
You look well?
What do you say?

A good blog by a mother with bipolar disorder includes ‘10 things not to say to a depressed person’

‘10 supportive things I’m glad someone said to me’
http://purplepersuasion.wordpress.com/2011/08/03/ten-supportive-things-im-glad-somebody-said-to-me/

Suggested websites

www.pandasfoundation.org.uk
Pre and postnatal depression advice and support

http://www.family-action.org.uk
Supporting families since 1869

www.home-start.org.uk
Support and friendship for families
Communication – who?
Suggested websites

www.netmums.com
UK's fastest-growing online parenting organisation

www.pni.org.uk
Pre and postnatal depression advice and support

www.joebingleymemorialfoundation.org.uk
Information, awareness, training & support
Perinatal Mental Health Report and Wellbeing Plan
October 2013

Tommy's has released a report into perinatal mental health, in conjunction with Netmums, the Institute of Health Visiting and the Royal College of Midwives, and supported by the Boots Family Trust.

Communications – fine?
Caring – ‘Feel good’
‘The NHS touches our lives at times of basic human need, when care and compassion are what matter most’.

From the NHS Constitution
Think candle!
Caring - Nurture
‘Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.’
Leo Buscaglia
Caring - Celebrate
‘Is there anything you now can and will say and do?’
So ...

‘We need to listen to the individual mother in front of us, without judgment. We need to ask her what her goals are for her relationship with her baby, and find out how we can help her accomplish them.’

Alison Stuebe is a maternal-fetal medicine physician and a member of the board of the Academy of Breastfeeding Medicine.

http://bfmed.wordpress.com/2011/02/21/is-breastfeeding-promotion-bad-for-mothers/
Please contact me at
www.hanzak.com

E-mail:
elaine@hanzak.com