
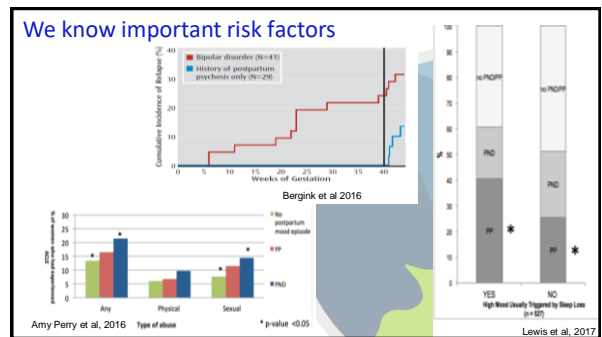
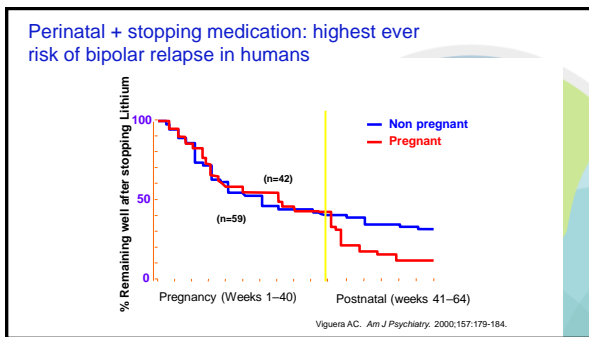
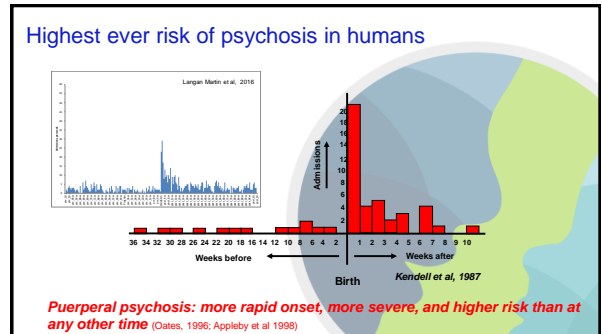
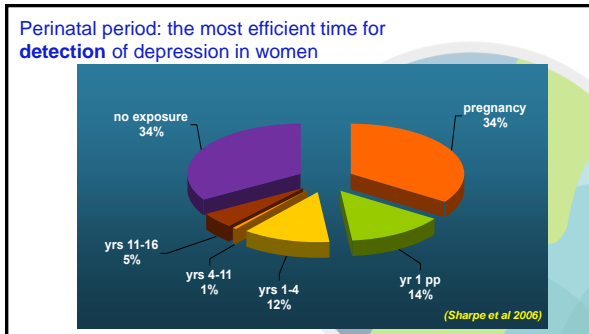
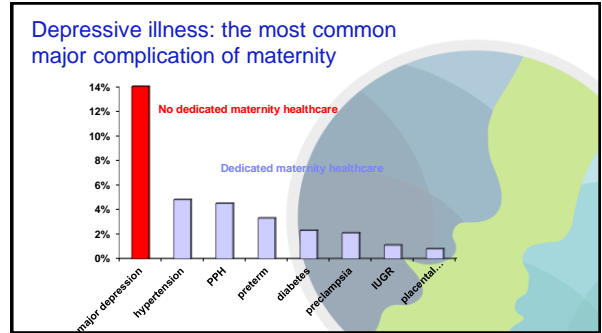


GLOBAL ALLIANCE FOR  
MATERNAL MENTAL HEALTH

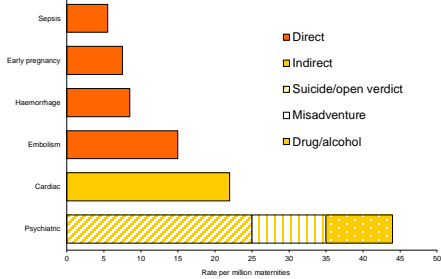
**Perinatal Mental Health:  
The Hidden Pandemic  
Everyone's Business**



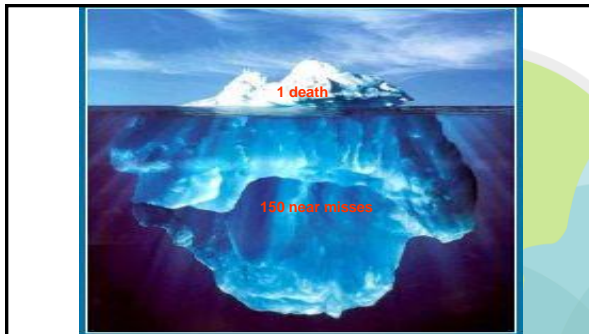
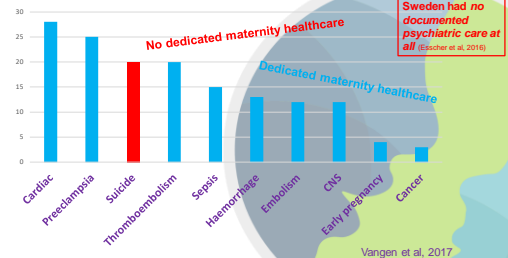
Dr Alain Gregoire  
Perinatal psychiatrist  
President, UK Maternal Mental Health Alliance  
Chair, Global Alliance for Maternal Mental Health



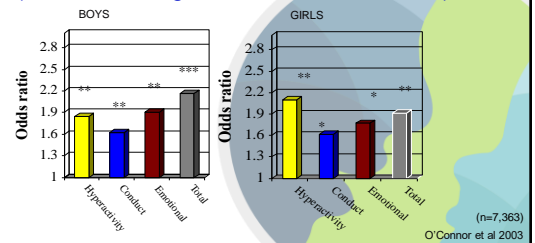
### The main cause of maternal death UK



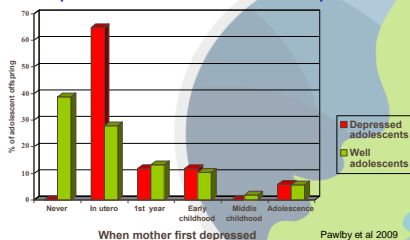
### Maternal deaths in Nordic countries (2005-2013)



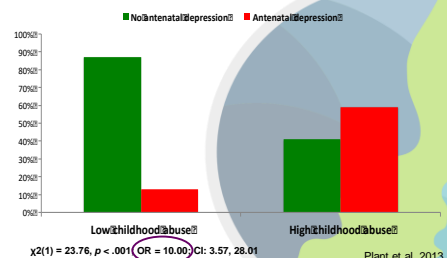
### Anxiety in pregnancy: doubles the risk of child behavioural and emotional problems (5%→10%) at 7 years (even accounting for all other known factors)



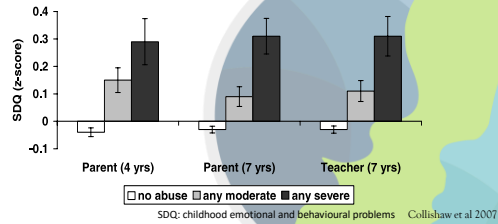
### Children depressed at 16 all had mothers who were depressed, mainly during pregnancy No maternal depression → No children depressed at 16



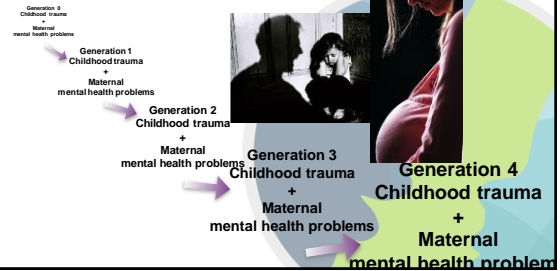
### Childhood emotional adversity: the most important predictor of antenatal depression (x10)



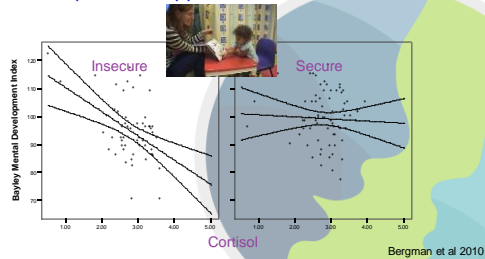
### Mothers' childhood adversity has an impact on their children



### Transgenerational emotional adversity and poor maternal mental health

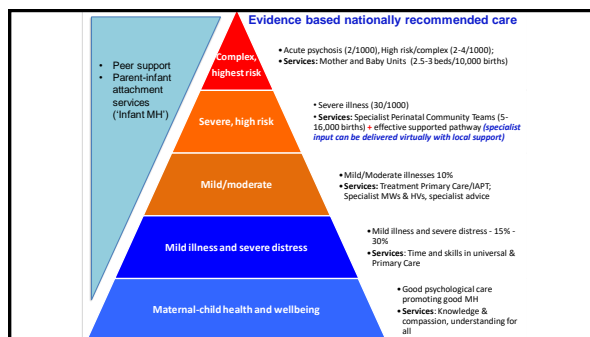
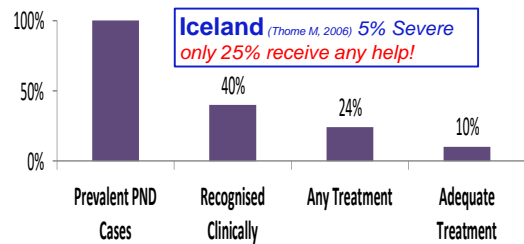


### Foetal cortisol (maternal anxiety) negative effect on cognitive development disappears with secure attachment



### Unacceptable postnatal depression care

(Gavin, Meltzer-Brody, Glover, and Gaynes 2014)



## Economic costs (UK) (LSE, 2014)

Cost if we don't act

**£8.1bn**

Cost of taking action



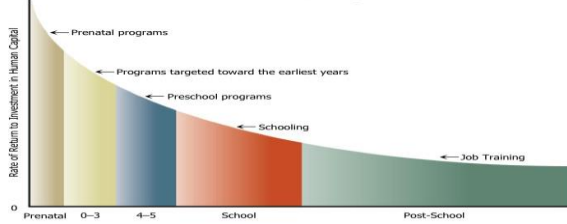
Economic costs of antenatal anxiety + postnatal depression + postpartum psychosis per annual births in Nordic countries (based on LSE, 2014)

**Iceland(4.5k births)  
Króna >7.3bn**

Denmark(61k births) DK >4.7bn(milliard)  
Finland(48k births) Marrka >2.9bn  
Norway(55k births) Kr >5.9bn  
Sweden(115k births) SEK >12.3bn  
**TOTAL €4.7bn**

## EARLY CHILDHOOD DEVELOPMENT IS A SMART INVESTMENT

The earlier the investment, the greater the return

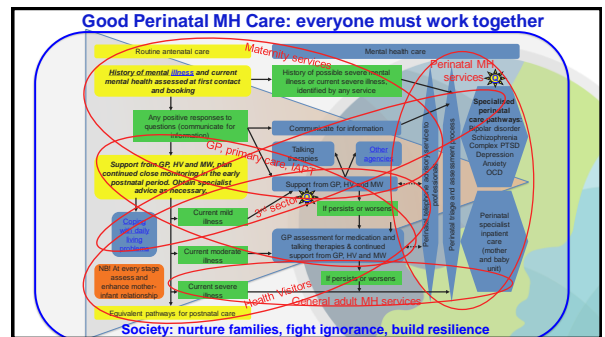
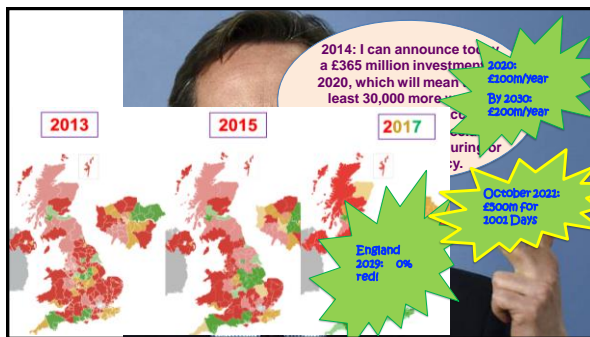


## Parity is cheap!

Eg. UK costs

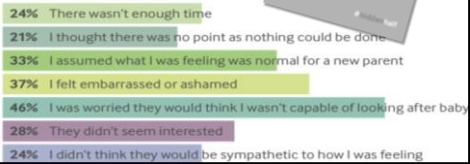
- Specialist maternity (physical) care = £2800/birth
- Maternity care negligence costs £690/birth
- Specialist perinatal mental health care = £160/birth
- **Whole** Perinatal MH pathway £407/birth

**Costs if we stay as we are = £8.1bn**



### Good Perinatal MH Care: human perspective

Why didn't you feel able to talk about the emotional or mental health problems that you wanted to? (tick all that apply)



### Good perinatal mental health care

- Detection *and* care in primary care, maternity, universal children's services and third sector
- Prediction, prevention, detection, treatment for poor mental health, and to support nurturing care of babies
- Training for all staff
- Coordination and communication between all staff and services
- Specialist perinatal care including preconceptual, antenatal, postnatal to 2 years
- National action on awareness, stigma and domestic violence
- Kindness, understanding, encouragement: nurture our parents

*"Vision without Action is merely a dream.  
Action without Vision is merely passing time.  
Vision with Action can change the world."*  
Nelson Mandela

*"Never too late, never too early"*  
Alain Gregoire!