

# Maternal Mental Health

## Summary from Joint Strategic Needs Assessment

### Why is this important?

This topic assessment was chosen because Maternal Mental Health (MMH) problems pose a huge human, social and economic burden to women, their families and the wider population, constituting a major public health challenge. The JSNA explores the mental health and well-being needs of women in Lewisham in the 1001 days from the conception of their child until the child is two years old.

### Key Facts and Figures

**1019**

(20%) of women in Lewisham develop a mental health problem in pregnancy or within a year of giving birth.

Serious perinatal mental disorders are associated with an increased risk of suicide.



**1 in 10**

men may suffer from depression after becoming fathers

The cost of MMH problems in the UK in 2014 was estimated to be

**£8.1 billion**

**Suicide** is the leading cause of maternal mortality in developed countries

The effects of MMH problems are often felt by the wider family particularly fathers and partners



### What is happening nationally?

- There is a national drive for prevention of mental health problems and the promotion of good mental health e.g. [Better Mental Health](#)
- It is now recognised that this needs to be achieved through redesigning services to align with an early intervention, prevention and family-based model.
- To be effective there needs to be closer working between the criminal justice system and children and young peoples services.

### What is happening locally?

- Lewisham's local policies emphasise MMH as a key priority for the borough.
- The [Mental Health and Emotional Wellbeing Strategy](#), utilises CAMHS Transformation Funding to develop better MMH services in the borough to achieve key aims, including guidance on where support is available.
- The Maternity Voices Partnership (MVP) have launched a campaign, ['It's ok not to feel ok'](#). PMH is one of the groups key priorities.

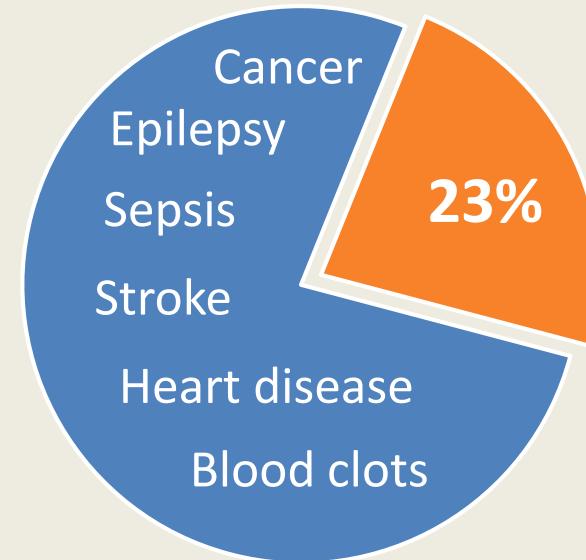


Figure. Almost a quarter (23%) of women who died between six weeks and one year after pregnancy died from mental health related causes

### What needs to be done?

Key recommendations to improve MMH in Lewisham include:

1. **Undertaking additional research into the latest evidence based practice** - focus should be given to the needs of partners/ fathers in relation to MMH
2. **Ensuring multi-agency input into an integrated MMH care pathway** - this will be aided by increasing PMH training opportunities and early intervention services in PMH
3. **Prioritising plans to achieve continuity of midwifery care** - thus ensuring families can easily access existing services that address the wider determinants of mental health.