



GLOBAL ALLIANCE FOR MATERNAL MENTAL HEALTH

Knowledge

Awareness

Action

The Global Alliance for Maternal Mental Health (GAMMH) is a coalition of international organisations committed to improving the mental health and wellbeing of women and their children in pregnancy and the first postnatal year (the '*perinatal period*'). Our goal is to prevent the avoidable suffering experienced by women and their families, ensuring child development does not continue to be compromised by a global failure to provide appropriate support and services for mothers' *mental* health.

Worldwide, maternal depression is the most common serious health complication of maternity. This and other mental health problems in pregnancy and postnatally result in huge documented human and economic costs for this generation and the next – yet they are a neglected area of investment in services and research. If the United Nations Sustainable Development Goals are to be achieved by 2030, maternal mental health must be prioritised.

Our aim is to foster the translation of research in perinatal and maternal mental health into better care and outcomes for women and their families wherever they live. This acknowledges the extensive evidence that better mental health in the perinatal period can have a dramatic impact on outcomes for mothers, partners, children, families and society.

Objectives

- Increase international knowledge, awareness and action on maternal mental health, including its pivotal role in child development; the scale of the human and economic costs; and the evidence-based solutions
- Advocate for all countries to develop national policies on maternal mental health
- Inspire investment in evidence-based services and programmes, as well as further research into the causes, prevention, impact and treatment of perinatal mental illness where needed
- Ensure the voice of women with experience of maternal mental health problems is central to all the above

Initial GAMMH activities

- Develop a global maternal mental health website showcasing key policy papers, resources, a maternal mental health map and personal testimonies from women and families around the world
- Seek to highlight the economic costs (in a global context) of maternal mental health problems
- Produce an annual global maternal mental health briefing paper
- Encourage and inform the development of national maternal mental health alliances

Benefit for members

An opportunity to produce change on the ground for women and their families through:

- Promotion of shared goals and vision on maternal mental health
- Easier international collaborative work at all levels
- Ensuring greater impact together than the sum of individual organisational efforts
- Mutual learning and capacity to predict and respond to opportunities
- Inclusion of own organisation in official list of members

Contribution of members

To become a member, organisations need to be international or transnational (more than one country).

It is not necessary to contribute financially. There is no joining fee.

Member organisations agree to support the above vision and aim by participating in collaborative efforts to further GAMMH's objectives; the extent of this involvement is dependent on members' own capacity.

Further information: For more information, and to enquire about membership and other ways of contributing, please contact Emily Slater in the first instance: emilygslater@gmail.com