

# NO MATERNAL HEALTH WITHOUT MENTAL HEALTH

## The Technical Consultation on Perinatal Mental Health in India

20<sup>th</sup> June 2023, NIMHANS Convention Centre, NIMHANS, Bangalore

**Every 1 in 5 pregnant women in India suffer from Perinatal Mental Health (PMH) issues in one or the other form.** In an effort to address this critical issue of PMH and support the well-being of mothers and families, Jhpiego in collaboration with National Institute of Mental Health and Neurosciences (NIMHANS) has organized “**The Technical Consultation on Perinatal Mental Health in India**” on 20<sup>th</sup> June 2023 at NIMHANS, Bangalore. This was the first of its kind meeting with agenda of PMH that brought together almost all the stakeholders, right from state & district Govt. officials, USAID, academicians, domain experts, healthcare professionals, FOGSI, policymakers, psychologists, social work, NGO representatives and others.

The meeting served as an important platform to discuss the **Roses (good practices), Buds (opportunity) and Thorns (challenges)** surrounding Perinatal mental health, an area of utmost importance for the wellbeing of mothers, children and families. It delved into important topics that involve PMH with regard to **Policy and programs, Clinical areas, community interventions and implementation strategies**. The meeting drew many national experts underscoring the widespread recognition of the importance of the topic. The meeting provided a platform for healthcare professionals and organizations to showcase their initiatives and share their learnings and success stories in this domain.

**Prof. Dr Prabha Chandra**, Dean- NIMHANS and a renowned global authority on PMH shed light on the significance of early detection, prevention, and intervention and emphasized the need for a comprehensive approach that involves healthcare providers, support networks, and the wider community. **Dr Parag Bhamare**, Country Lead for MNCH, Jhpiego shared the details of the ongoing implementation research project on PMH that Jhpiego is rolling out in Madhya Pradesh. A lot of interest was expressed by the other private and public sector representatives to initiate similar projects in their geographies. **Dr Sachin Gupta**, Advisor MNCH, USAID appreciated the efforts of Jhpiego and expressed his commitment to furthering the cause.

At the diverse and insightful sessions, the importance of breaking down stigma and creating a safe space for open conversations about mental health during pregnancy and the postpartum period resonated deeply with attendees, fostering empathy and understanding.

In addition to the informative sessions, the meeting also featured a technical marketplace where organizations showcased their resources and knowledge products and provided valuable information to attendees. This aspect of the event was instrumental in connecting individuals with appropriate resources and establishing a robust network of support within the community.

The positive energy and collaborative spirit demonstrated by the participants have laid a solid foundation for advancing PMH support in our community. We look forward to translating the ideas and initiatives generated during this meeting into tangible improvements for mothers, families, and their mental well-being. By disseminating the knowledge gained at the technical consultation, advocating for improved policies, and promoting awareness in our respective communities, we can create the much-needed impetus and ripple effect.

By organizing this successful meeting, Jhpiego has set a precedent for community engagement and collective action in addressing the crucial issue of perinatal mental health. The impact of this event will undoubtedly extend far beyond the confines of the meeting room, creating a lasting legacy of support and empowerment for mothers and families in India

***First of its kind consultation on PMH in India: Experts appreciated Jhpiego's efforts***

I want to congratulate the Jhpiego team -- all those who worked on the organization of the technical consultation for perinatal mental health under NIMHANS leadership at Bangalore. I think this event brought the right group of experts together and laid the foundation stones for building the implementation model envisaged under the project.

**-Dr Sachin Gupta (Advisor, MNCH, USAID)**

A huge congratulations and great appreciation from us, the obgyns, who represented the professional organizations viz FIGO and FOGSI. Each of the stakeholders participating in the meeting, gave us great insights into the work being done by them. More importantly, we recognized that there is so much more we can do together with collaborations in the future.

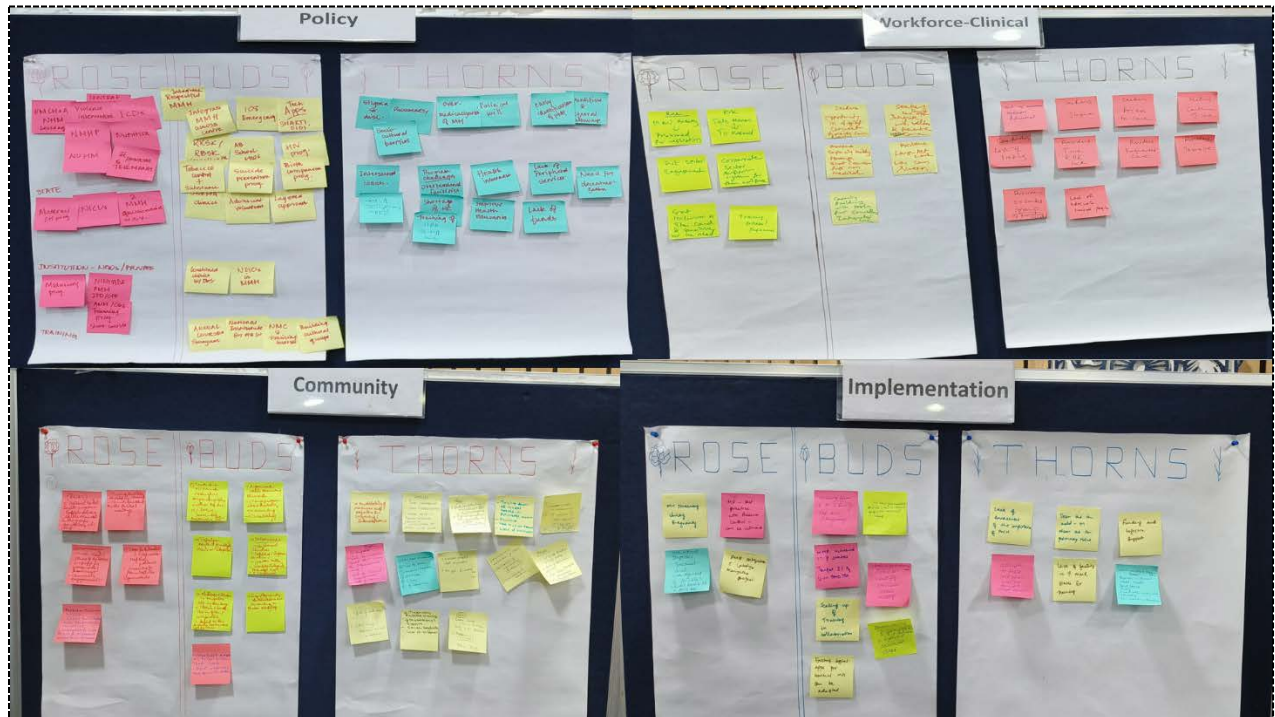
**-Dr Hema Divakar (Chair FIGO-Well Women Health Care Committee)**

It's really good to see Jhpiego along with NIMHANS is taking this much needed initiative. Various presentations, discussions and recommendations were really helpful to understand topic in detailed. Special thanks for considering community prospective and inviting us. In many of such national meetings community approach is hardly discussed and i am really happy that your team has given due importance to same.

**-Dr Nilesh Mohite (Parivartan Trust-CBO working on Mental Health in North Eastern states)**

Glimpses of the event:

Experts deliberating on “ROSE-BUDS-THORNS” of PMH



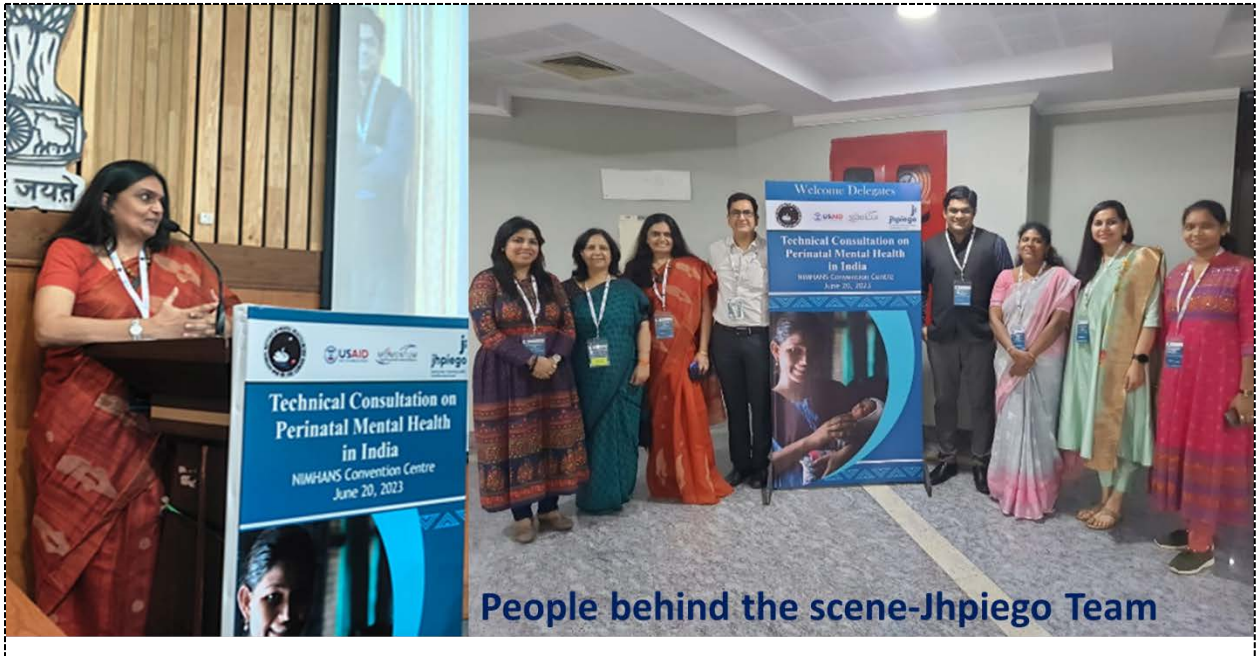
**Insightful and engaging discussions from experts on PMH**



**Valuable inputs from speakers**



**We are Committed for “No Maternal Health Without Mental Health”**



**People behind the scene-Jhpiego Team**