



GLOBAL ALLIANCE FOR MATERNAL MENTAL HEALTH

Working together for better outcomes for mothers, babies and families

The Global Alliance for Maternal Mental Health (GAMMH) is a coalition of international organisations and national alliances 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
- Encourage and inform the development of national and regional maternal mental health alliances throughout the world
- 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

Members

International (more than one country) organisations, or national alliances of organisations that collectively use their influence and efforts 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
- Using the membership of GAMMH to enhance their own influence

Contribution of members

- *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.

Current GAMMH activities

- Encourage and inform the development of national and regional maternal mental health alliances
- Develop tools to derive and highlight the economic costs of maternal mental health problems
- Complete the global maternal mental health policy map, expand the range of personal testimonies from women and families around the world, and expand resources shown on our website

Further information: For more information, and to enquire about membership and other ways of contributing, please contact Barbara Jayson, GAMMH Secretary, info@gammh.org