



Film launched to help new mothers affected by maternal mental health issues

More than one in ten women* develop a mental illness during pregnancy and during the year following the birth of their child. If untreated these illnesses can have a devastating impact on women and their families. Community Advance Project, in collaboration with the charity Family Action and with support from the Maternal Mental Health Alliance, has made a new film 'Maternal Mental Health' to help new mothers affected by maternal mental health issues and their wider families. It is aimed at new mothers and their families as well as professionals working with new parents and in maternal mental health. It has also been made for use as a training resource.

The film includes interviews with new mums who candidly share their stories of experiencing perinatal mental health issues and what has helped them overcome the challenges they faced, together with experts who talk about the issues around maternal mental health and offer advice to help new mums. A volunteer befriender from Family Action's Medway Perinatal Support Project also appears in the film speaking about her experience of supporting new mothers.

Marie Christian, Perinatal Coordinator with Family Action's Medway Perinatal Support Project and who also appears in the film said:

"Becoming a new parent is life changing. For most, it is an amazing, positive experience, however, for around 10% of women, becoming a parent can be challenging and isolating and can result in perinatal mental illness. We hope that this film will show mums and their families that they are not alone in what they are experiencing and that there is help out there. We also hope that the film will be used as a training resource for professionals who work with new parents."

Suj Ahmed, the filmmaker from Community Advance Project said

"This film can be of huge benefit to women during pregnancy and following the birth of their child, helping them to maintain their mental wellbeing. The film can also raise greater awareness among maternity and mental health services about some of the issues around maternal mental health."

The film, which was funded by the National Lottery Community Fund, is available to view free on YouTube at [youtube.com/8UyMk4Ex](https://www.youtube.com/8UyMk4Ex). The film is also available on a DVD; please contact Community Advance Project at community_advance@yahoo.co.uk to obtain a copy.

*maternalmentalhealthalliance.org/about/the-issue/



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Family Action is a national charity marking its 150th anniversary in 2019. It supports around 45,000 families and hundreds of thousands of children every year – helping them with their mental health and wellbeing, behavioural issues and parenting challenges, family conflict and domestic abuse, social isolation, poverty, addiction and much more. It is committed to building stronger families and brighter lives by delivering innovative and effective services and support. It seeks to empower people and communities to address their issues and challenges through practical, financial and emotional help. Its work is wide-ranging and includes help for parents-to-be, the provision of Children's Centres, intensive family support, emotional health and wellbeing services, counselling, mediation and therapies, support in schools - including the provision of breakfast clubs and holiday hunger support, and financial grants programmes. Family Action is also recognised as a leading provider of training and consultancy.

Registered charity number: 264 713

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About Community Advance Project

Community Advance Project is a registered charity working across London to develop and engage communities, particularly vulnerable or marginalised people, and working to positively impact on social issues. We endeavour to make community engagement meaningful for all parties, helping to build long term relationships.

Over the past few years we have specialised in DVD Production on a range of mental wellbeing issues. Our other areas of work are Older People, Health, Refugee and Migrant Integration, Young People, Intergenerational Work, Organisational Support and Capacity Building, Training, and Research.

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