 **Maternal Mental Health Awareness Week**

Maternal Mental Health Awareness Week is a week-long campaign dedicated to talking about mental health problems before, during and after pregnancy.

The week is all about:

* raising public and professional awareness of [maternal mental health problems](https://maternalmentalhealthalliance.org/about-maternal-mental-health/)
* advocating for women and families impacted
* changing attitudes
* helping people access the information, care and support they need to recover.

Here at NELFT we have organised the following presentations and seminars across the week which we hope everyone will find informative and thought provoking.

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Topic | Speakers | MS Teams Link |
| Tuesday 6th May12:00 | "lunch and learn" with NCEL Provider Collaborative  | Pippa Aspin, Deborah O’Connor & Lara O’Connell  | [**Join the meeting now**](https://teams.microsoft.com/l/meetup-join/19%3Ameeting_OTg3OTU3MWEtMDIyOS00NjA4LWEyMzEtM2RhMTVkZDgwNjA3%40thread.v2/0?context=%7b%22Tid%22%3a%22c098d55f-2963-41dd-927e-a5429df62204%22%2c%22Oid%22%3a%220da38141-d3f1-485f-931e-03bea9c0a436%22%7d) |
| Tuesday 6th May12:30 | Spotlight on Perinatal OCD | Constance Boggis Rolfe | [**Join the meeting now**](https://teams.microsoft.com/l/meetup-join/19%3Ameeting_YjBjZTllOWUtMmRlMC00ZGI1LTg3ZTktZTQ4ZmFiMDBmOTEx%40thread.v2/0?context=%7b%22Tid%22%3a%22c098d55f-2963-41dd-927e-a5429df62204%22%2c%22Oid%22%3a%220da38141-d3f1-485f-931e-03bea9c0a436%22%7d) |
| Tuesday 6th May14:00 | Services provision across NELFT London boroughs | PPIMHS, TULIP and Talking Therapies | [**Join the meeting now**](https://teams.microsoft.com/l/meetup-join/19%3Ameeting_ZjE3N2NkZDktMjIzNy00MTBjLTk3YjAtMjEzMWZlYzRiMzll%40thread.v2/0?context=%7b%22Tid%22%3a%22c098d55f-2963-41dd-927e-a5429df62204%22%2c%22Oid%22%3a%220da38141-d3f1-485f-931e-03bea9c0a436%22%7d) |
| Wednesday 7th May12:00 | NELFT All Staff Webinar | Deborah Epstein and TULIP |  |
| Wednesday 7th May10:00 – 17:00  | Information Stall at Whipps Cross Hospital | TULIP | Come and meet staff from TULIP to learn more about what their service offers |
| Thursday 8th May12:00 | Patient experience of maternal mental health | Constance Boggis Rolfe and guest | [**Join the meeting now**](https://teams.microsoft.com/l/meetup-join/19%3Ameeting_MDBiNWVjN2MtZTdkYS00NjVlLWJiYmItYzg3NGZhZDM3OTFh%40thread.v2/0?context=%7b%22Tid%22%3a%22c098d55f-2963-41dd-927e-a5429df62204%22%2c%22Oid%22%3a%220da38141-d3f1-485f-931e-03bea9c0a436%22%7d) |
| Friday 9th May15:30 | Prescribing in pregnancy and breastfeeding | Dr Neha Rawat | [**Join the meeting now**](https://teams.microsoft.com/l/meetup-join/19%3Ameeting_YjJkYWMwZDEtYzY1Yy00MzM1LThlNTYtMGE3NmQzNzdjOWVk%40thread.v2/0?context=%7b%22Tid%22%3a%22c098d55f-2963-41dd-927e-a5429df62204%22%2c%22Oid%22%3a%220da38141-d3f1-485f-931e-03bea9c0a436%22%7d)  |