

Black Maternal Mental Health Week

25th September – 1st October 2023



Breaking Down Cultural Barriers



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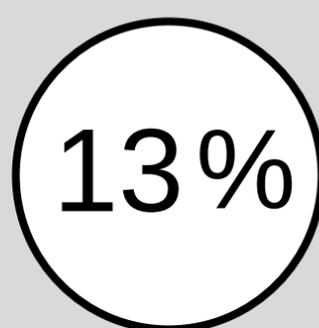
The 2021 MBRRACE-UK report showed a continued inequality in the mortality rates for women of different ethnic backgrounds, ages, and socio-economic circumstances.

Women from Black ethnic groups are



four times more likely to die in pregnancy than women from White groups.

Postnatal depression and anxiety in mothers from racialised communities is



higher than in white mothers.

What are Black Women telling us they need to support their maternity journey?

Access to pain relief for all

Access to interpreting ensured, including female interpreters when requested

Continuity of care and carers throughout maternity pathway

More staff cultural awareness

Racist /discriminatory behaviours addressed

Good support and advice on breastfeeding for all

Communication and information in accessible formats

Awareness of how maternity services work and options available to women

