

Black Maternal Mental Health Week



26th September – 2nd October

Equity in Black Women's Maternal Mental Health Journey

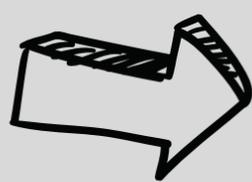
Black Maternal Mental Health Week 2022 has provided an opportunity to raise awareness, highlight disparities, provide resources, and break cultural barriers in Maternal Mental Health for Black Mothers, and birthing people.



As the week comes to a close, its important to also recognise and celebrate the strengths and resilience of Black Mothers despite the significant challenges and barriers they face on day to day basis during the perinatal period and beyond.

Our infographic reminds us all to **"LOOK BELOW THE SURFACE"**

WHAT PEOPLE SEE



Overlooked

Patriarchal stereotypes

Hard to reach

Difficult

Loud

Needy

Not engaging

Angry

Demanding

Hysterical

Repressed

Adaptable

Human

Determined

Coping Strategies

Family pressures

Fear

Protective

Resilient

Resourceful

Easy to ignore

Inequality

Discrimination

Racism

More than a parent

Comfort from religion

Stigma

Trauma

Patriarchal stereotypes

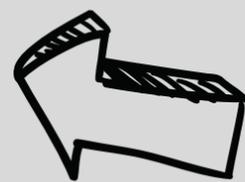
Stress

Exceeding expectations of others

Dynamic

Proud of culture

Persistent in the face of adversity



WHAT PEOPLE DON'T SEE

Anxiety

Creative

Survivor

Supportive friends

Cultural pressures