

CREATORS SUMMIT ON MENTAL HEALTH

How Trauma Spans Generations

A Mother's Mental Health Struggles are Not Just Her Own

80%

Of pregnancy-related deaths in the US are preventable.

33%

Of women have thought about suicide during pregnancy, especially in vulnerable populations.

15%

Of mothers are affected by postpartum depression.

23%

Of pregnancy-related deaths result from mental health conditions, such as suicide & substance abuse.

KEY TAKEAWAYS

THE IMPACT OF MENTAL HEALTH DISORDERS CAN SPAN ACROSS GENERATIONS

- People are more vulnerable to mental health problems during pregnancy.
- A 2022 study in Maternal Child Health Journal suggests that cross-generational mental health impacts from mother to baby may be due to lack of economic resources and adequate healthcare disrupting caregiving behavior.
- Maternal hair samples show chronic stress can lead to challenges in their children's ability to regulate behavior, emotion, and cognition.

Content Resources:

- Gelaye, B., et al. | [Epidemiology of maternal depression, risk factors, and child outcomes in low-income and middle income countries](#) | Lancet Psychiatry 2016.
- Liu, C., et al. | [Caregiver depression is associated with hair cortisol in a low-income sample of preschool-aged children](#) | Psychoneuroendocrinology 2020.

Hashtags:

- #MaternalMentalHealth #EndTheStigma #PostpartumSupport #HSPHCreatorsSummit

MATERNAL DEPRESSION & TRAUMA CAN AFFECT A CHILD'S PSYCHOLOGICAL DEVELOPMENT & MENTAL HEALTH

- Maternal depression is linked to psychological & developmental disturbances in infants, children, and adolescents, including negative impacts on sleep, gross motor skills, and delayed emotional/language development.
- The Covid-19 pandemic & associated lockdowns caused excess stress on expectant mothers. In some cases, that stress led to an increased risk of PTSD after birth. While not definitive, children born to these mothers could experience a heightened risk for negative mental health outcomes in the future.

Content Resources:

- Ponting, C., et al. | [Psychological interventions for depression and anxiety in pregnant Latina and Black women in the United States: A systematic review](#) | Clinical Psychology and Psychotherapy, 2019
- Denckla, C., et al. | [Influence of maternal childhood trauma on perinatal depression, observed mother-infant interactions, and child growth](#) | Maternal Child Health Journal, 2022

Audience Call to Action:

- Participate in [Covid 19 & Pregnancy Study](#).
- Share [Psychological First Aid kit](#)
- Participate in [MIMES Study](#) | Maternal-infant mood & emotion

Hashtags:

- #ChildDevelopment #MaternalDepression #HSPHCreatorsSummit



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MOTHERS DESERVE MORE SUPPORT THROUGHOUT PREGNANCY AND POSTPARTUM, AND MARGINALIZED COMMUNITIES ARE DISPROPORTIONATELY AFFECTED

- Mental health, cultural, and economic support must extend throughout mothers' lives to ensure that all pregnant or postpartum people get the right care at the right time.
- Maternal mental health is intersectional.
- Black and Latina women in the United States have higher rates of depression and anxiety during pregnancy as well as access to poorer quality obstetric and gynecologic care than their non-Latina White counterparts.
- Birth is not a "normal" process for everyone. It's important for mothers to advocate for their mental and physical wellbeing as systemic expectations of motherhood can be damaging.

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- Denckla, C., et al. | [Influence of maternal childhood trauma on perinatal depression, observed mother-infant interactions, and child growth](#) | Maternal Child Health Journal, 2022
- [CDC Press Release](#) | Four in five pregnancy-related deaths in the U.S. are preventable
- [WHO World Mental Health report](#) | How we might strengthen the systems that care for mental health
- [Project EMPOWER](#) | Harvard Chan initiative to expand training for providers.

Audience Call to Action:

- Share [NAMI Infographic](#) | Mental Health & Access to Care in Rural America
- Sign up for [Global Mental Health newsletter](#) | Latest in efforts to transform mental health care globally
- [Raise Awareness](#) | Offer support & encourage mothers to speak with their healthcare providers about symptoms of depression
- Share [CDC Hear Her Campaign](#)

Hashtags:

- [#ImprovingMentalHealthcare](#) [#MaternityCare](#) [#Intersectionality](#) [#HSPHCreatorsSummit](#)

ADDITIONAL RESOURCES

- [Find support for yourself or those who may be at risk for suicide](#) | AFSP Suicide Prevention
- [Best practices and recommendations for talking about suicide](#) | Reporting on Suicide
- [Mental health Awareness Month Guide](#) | National Alliance on Mental Illness
- [Find resources to improve your mental wellness](#) | Project Healthy Minds for Harvard Chan School's Creators Summit on Mental Health



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