



World Maternal
Mental Health Day
#maternalMHmatters



Perinatal Mental
Health Alliance
of Newfoundland & Labrador

PERINATAL MENTAL HEALTH ALLIANCE BACKGROUNDER

The Perinatal Mental Health Alliance of Newfoundland and Labrador (PMHANL) is comprised of persons with lived experience and representatives from community, not-for-profit organizations, health care, government and university. The expertise of health and social care practitioners (nurses, doulas, midwives, physicians, social workers, early childhood educators, counselors) in clinical and community-based practice, is complemented by PMHANL members who courageously and selflessly share their experiences to enhance the mental health care and support provided to families throughout the full spectrum from fertility, through pregnancy and early parenting years. PMHANL is sensitive to the needs of all types of families and parents, including single parents, same-sex, non-binary and trans parents.

As is often the case with action-oriented alliances, action preceded structure. Since its early start in 2019, PMHANL has undertaken research projects, has petitioned government for improvements, has raised public awareness, and has provided professional development. Our recent virtual perinatal mental health forum, Promoting an Integrated Model of Care, held in October 2020, garnered local and international interest. In fact, several of the over 200 registrants became PHMANL members and joined working groups to pursue strategies to promote perinatal mental health in the province.

On this World Maternal Mental Health Day 2021, PMHANL is pleased and proud to announce that it is taking the next step in its evolution and is formalizing its organizational structure. The Interim Executive Steering Committee that has guided PMHANL since the beginning will be replaced by a board of directors elected by the membership in the coming months.

More information about the Alliance can be found on its website www.pmhanl.com