

Indigenous Approaches to Postpartum Mental Health

Assessing opportunities for community-based growth and solutions

SERVICES & INTERVENTIONS AVAILABLE to support postpartum mental health

There is no universal standard of care or set of services to address postpartum mental health concerns, rather, services & interventions are provided based on the circumstances, context, and concerns of each person.

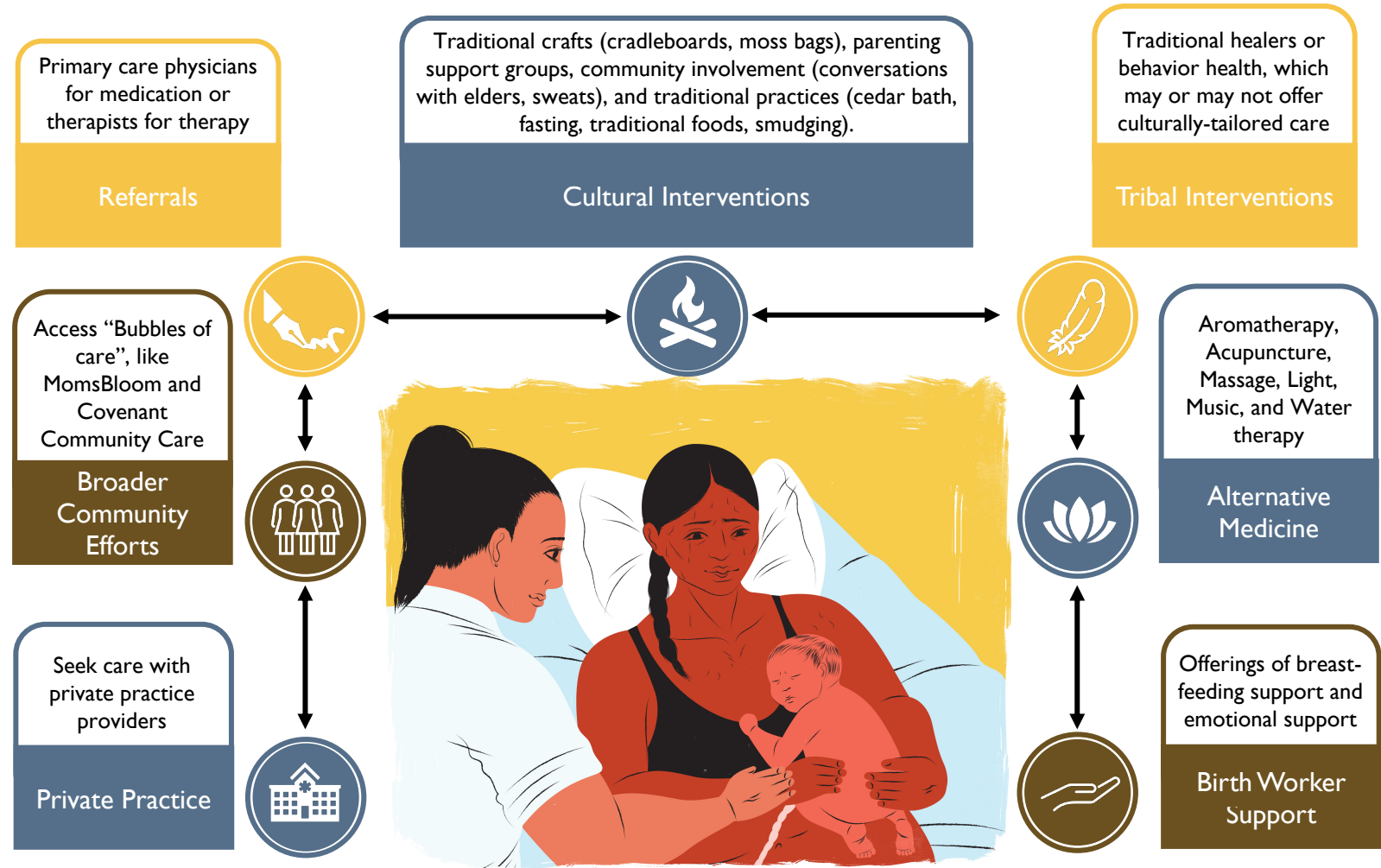
Attitudes towards services are favorable when:

- Trust with providers is well-established and maintained
- Postpartum mental health is covered well throughout prenatal care
- Support group settings are available

Attitudes towards services are unfavorable when:

- Past bad experience shapes understanding of services or past services did not help
- There continues to be implicit bias on the part of providers
- There is a lack of family support
- Stigma continues, including embarrassment with being seen at behavioral health

General mental health services and interventions in a particular community ranges from a few options to many:



Mental health and cultural services are not tailored to address postpartum mental health.

“I mean there are—all of our therapists at our site are able to use traditional medicines and traditional practices. Most of them aren't especially trained in postpartum mental health, but I think it's still worth it for families to see them.”

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^{*}Birth worker support icon by Deemak Daksina from the Noun Project