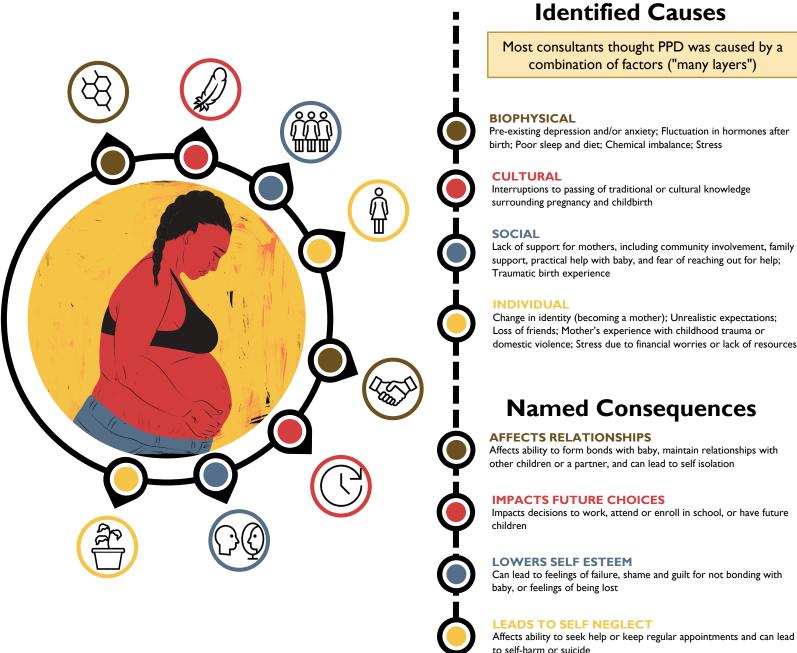
Indigenous Approaches to Postpartum Mental Health

Assessing opportunities for community-based growth and solutions

"Well, I think for Black and Brown people, or for Indigenous women at least, there are social implications. Because our hierarchy in needs is community-driven versus individually-driven. So, when we're not feeling our best or able to smile and tell jokes or hang in places that we did before, that tends to add to that depression."

CAUSES & CONSEQUENCES of postpartum depression & anxiety



to self-harm or suicide

Postpartum mental health and its connection to historical trauma

Interruption in transfer of traditional knowledge around birth, when traditional knowledge is protective

Hormones trigger memories and women are more vulnerable to fluctuations in hormones

Disruption to community; lack of examples of healthy breastfeeding, parenting, and healthy foods

Fear of reaching out for help due to threat of child removal

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Withered plant Icon by Yazmin Alanis







