Indigenous Approaches to Postpartum Mental Health

Assessing opportunities for community-based growth and solutions

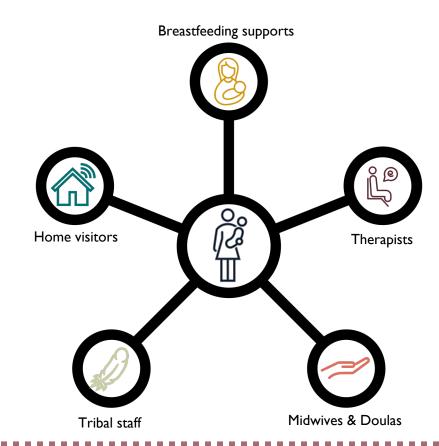
Study Objective: Consult with perinatal health and well-being experts to provide preliminary information about services available to support Michigan's Indigenous women experiencing postpartum depression and anxiety.



THE PROCESS

Gained funding & reviewed literature Established partnership & MOU Conducted individual consultations Analyzed & summarized information Gained feedback from consultants Finalized report

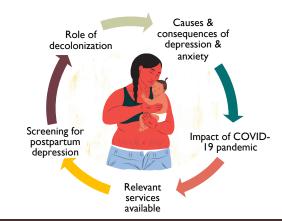
Held consultations with 23 professionals currently in or with a history of being in relation with perinatal people.



To address pressing postpartum mental health concerns among Michigan's Indigenous women, next we aim to:

- Launch a new study of postpartum mental health
- Hold conversations around community-based solutions

Consultations focused on:



Danielle Gartner, PhD¹; Heather Howard-Bobiwash, PhD²; Michelle Leask, X³; Lisa Martin, X³; Madeline Nash, X⁴

 * Therapy Icon by Iconiqu and Breastfeeding Icon by Deemak Daksina from the Noun Project

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