

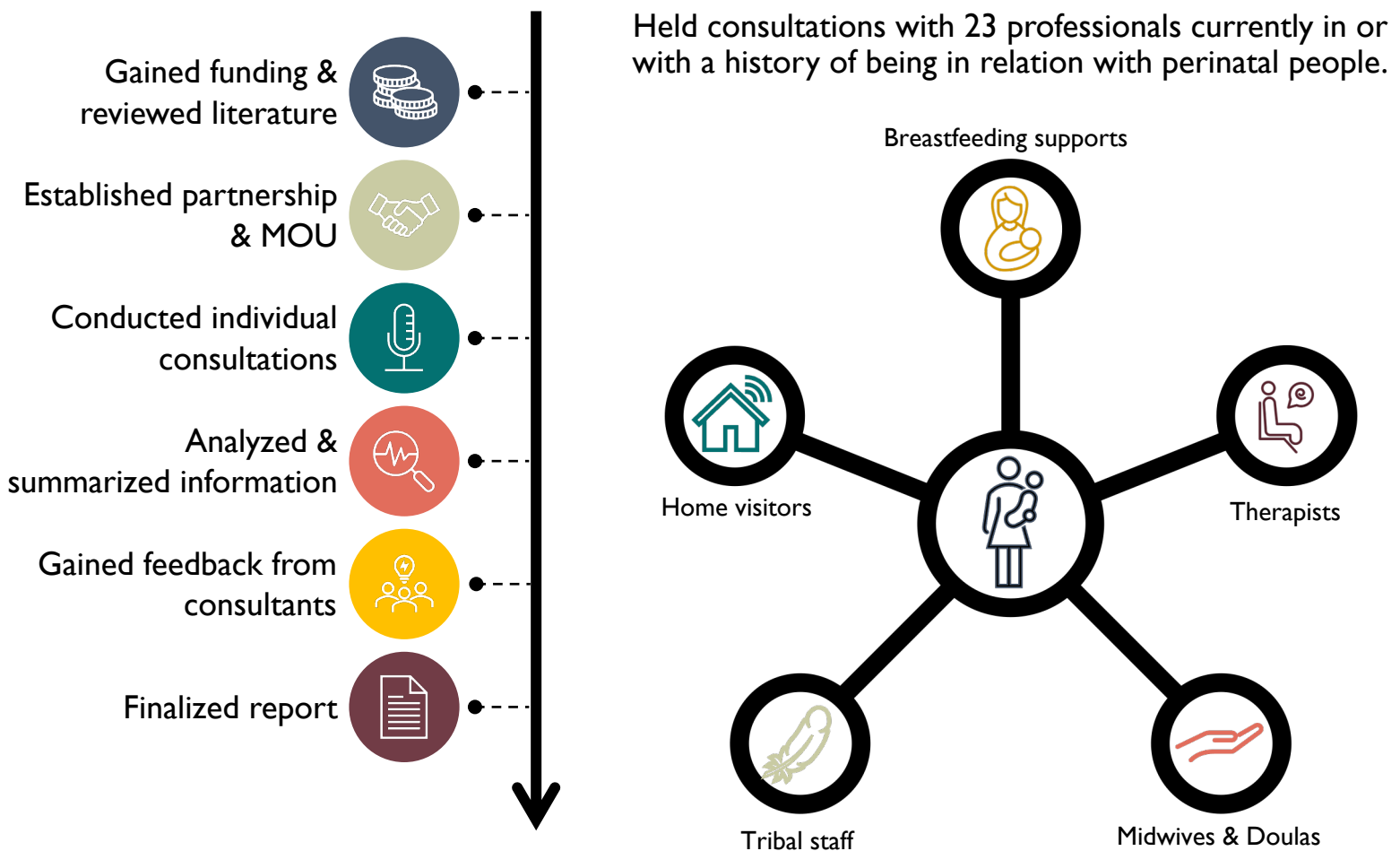
Indigenous Approaches to Postpartum Mental Health

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.



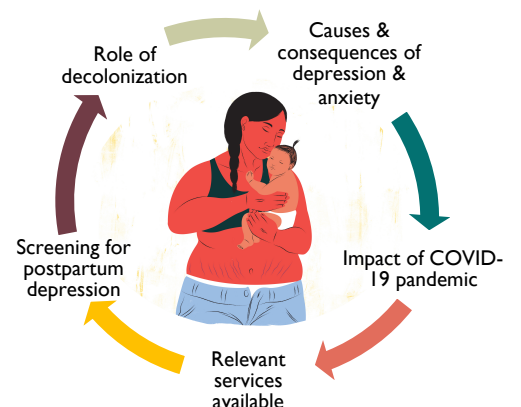
THE PROCESS



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

- 1 Connect with others doing similar work
- 2 Launch a new study of postpartum mental health
- 3 Hold conversations around community-based solutions

Consultations focused on:



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