



€8.5 million, 13 partners, 4 countries, 4 years: raising awareness of and destigmatising perinatal mental health and promoting prepared parenting

#2SeasPATH

LEARNING FROM PATH

In January 2019 PATH started with partners from 4 countries

Perinatal Mental Health was the focus

Prepared parenting as an important factor in mental health

Knowledge about mental health and parent-child interactions and child development for professionals is essential

Employers play an important role also, but they are not aware

Focus groups of PATH became:



Families

This information is for mums, dads, partners, grandparents and others who may be involved in caring for baby and family.



Professionals

This section includes resources for healthcare professionals to deliver the highest quality care to women and men with mental health problems in the perinatal period.



Employers

These pages contain a wealth of information and resources for employers to best support your employees in the workplace.

PATH

path-perinatal.eu

Developed by (healthcare) professionals and scientists

Not focused on medical issues, but user friendly

In 2020 COVID19 influenced the project

Face-to-face training reduced strongly

E-learning and online information became even more important as well as information about COVID19 for parents-to-be

Numbers reached for the 4 countries together:

The multimedia campaign reached over 50 million people

The online HUB for professionals, parents and employers reached over 150,000 people

More than 2500 families were reached with prepared parenting support

Face to face training for health care professionals and employers were given to more than 1500 people

More than 450 peer supporters were trained

PATH: lessons learned

The cultural differences between the 4 countries were of more influence than expected

BUT

We managed to adapt all information to the cultural differences, so all countries could benefit from each other's knowledge

PATH: lessons learned

There is already a huge amount of knowledge, but it is all there in small pieces, unorganised and not always in the right places

BUT

Within PATH we distribute the knowledge online, available for everyone although it is very important to work with different organisations together

PATH: lessons learned

There is a big gap between private life and employment

BUT

Stress, arrangements, taking leave and return to work, hormones, visions about parenting, childcare facilitations, it is all of influence on mental health, so, actually: there is NO gap between private life and employment

PATH: lessons learned

Partners are not the main focus regarding starting families

BUT

Awareness about the impact of partners regarding their place in the family, the strength of their influence on mental health and support and the burden they carry when something does not go well, already made great changes in point of view of parents, professionals and employers!

PATH: VROEG

The magazine VROEG shows everything that was done in PATH and can be done by others distributing knowledge and creating awareness:

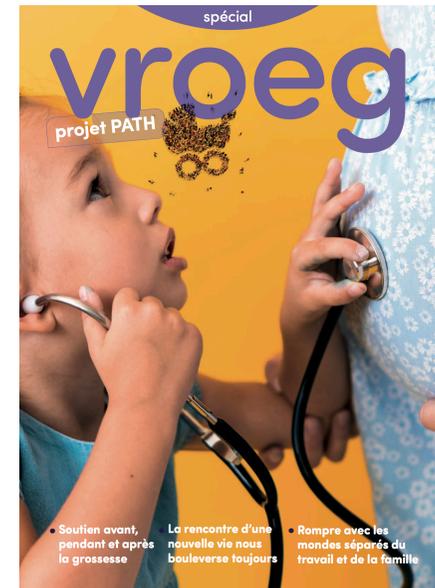


Interreg  2 Seas Mers Zeeën
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Scan these QR codes for free access to a digital PATH magazine special edition:

Nederlands Français English

For more information about PATH go to: path-perinatal.eu



PATH: take home message

Knowledge multiplies when it is shared!

Important ‘stigmas’ need to be taken care of at a political level

Employers need to be more aware of their influence on mental health effects in general and for young parents-to-be especially

Social support is of great importance on mental health

IT TAKES A VILLAGE TO RAISE A CHILD!!!

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