

Perinatal Mental Health Matters

We need to talk about Mental Health

The single biggest killer of mothers within a year of giving birth; maternal mental health issues can be subtle, and difficult to talk about. Many of us have no idea what to expect, or how to support friends and colleagues who may be suffering. This session aims to break down taboos and explain the difference between baby blues and postnatal depression, and how to recognise the subtle signs.

Session Outline

- How mental health can impact women and their partners
- Options available to treat mental health
- How to support people during and post pregnancy
- Reducing feelings of shame or embarrassment
- Prioritising treating mental illness like any other physical illness

Session Includes

An comprehensive presentation from a practicing doctor

Relevant information for the whole organisation

An open forum with an opportunity to engage and ask questions



Speaker: Dr Brooke Vandermolen

Dr Brooke Vandermolen, better known as her online handle “The Obgyn Mum”, is a practicing NHS Obstetrics & Gynaecology doctor, as well as a mother to 2 babies. She has worked and trained in a variety of London NHS hospitals. She has presented her research into high-risk pregnancy at major international conferences and published in prominent medical journals. Brooke is experienced at dealing with all aspects of women’s health and pregnancy.

After having difficulty finding accurate, evidence-based information to trust to guide her through her own first-time pregnancy and parenthood, Brooke began sharing insights and tips around pregnancy, birth, fertility, menopause and more through social media and blog posts. She works as a digital content creator for the Royal College of Obstetricians and Gynaecologists, NHS England and well-known brands.

She is an experienced public speaker and social influencer, and, is on a mission to talk openly and informatively about women’s health and parenthood.