Reducing burden of Maternal Mortality Rate (MMR) has been a fundamental national and international public health concern. Despite steady decline in the MMR, it still has a strong correlation with social determinants such as poverty, nutrition, migration, infections and injuries and mental health, hence affecting the decline on a faster pace. According to national surveys, population between the age of 15-25 years contributes to 45% total mortality rate with substantial unmet needs of contraceptive methods, low condom use, high risk of contracting STI and HIV, and unplanned and unwanted pregnancies. With the launch of Reproductive Maternal New-born Child and Adolescent Health (RMNCH+A) under the flagshipt of National Rural Health Mission (NRHM), a broader attention has been levied in understanding of the “continuum of care” approach- recognising health at various stages of human life.

In order to get a wider impact of the intervention to reduce maternal mortality and morbidity, it is important to understand that RMNCH+A cannot exist in isolation and should be closely interlinked with various stages of life.

Continued focus on RMNCH+A has shown, remarkable association with mental health. Existing evidence (WHO, 2007) shows a higher prevalence rate, two to three more times, of mental health problems including depression and anxiety among pregnant women and mothers of infants in resource constrained countries. Motherhood is physically and mentally a demanding task expected to show an adverse effect on the child’s health, nutrition and psychological wellbeing. There is a strong evidence linking that mothers poor mental wellbeing has a profound effect on her and her child’s access to MCH services. Therefore, there is an urgent need to evaluate the missing M (Mental Health) in the MCH and to promote interventions (on the mother and the infant) and refine them as appropriate so that they are contextually and firmly grounded in evidence.

MAMTA in collaboration with Phillip – India is working in four districts- Bihar, Jharkhand, Bangalore and Maharashtra to integrate maternal mental wellbeing to reduce the burden of maternal and child morbidity and increase access of MCH services. In this regard we aim to engage with mothers to empower them, provide support and functional help to improve their psychological wellbeing for enhanced Maternal health outcomes.
भातु एवं लाल रसारथ्य
पर
पीयर शिक्षक प्रशिक्षण मॉड्यूल

गमता हेल्थ इंस्टिट्यूट फॉर मदर एंड चाइल्ड्रेन
वी–ए, प्रेटर, चौपाल एकाडेमी–II, नई दिल्ली — 110048
फोन 91–11–29220210/20/20 | फैक्स 91–11–29220575
ईमेल: manta@yshr.org | वेबसाइट: www.manta.himc.org

समर्थन का
PHILIPS

इन्फ्रास्ट्रक्चर का