

MIND THE MUM

Placing Parental Mental Health and Care to the Forefront

EU4H-2023-PJ-03 | Project No. 101161382

Project Period: October 2024 – September 2027



 www.mindthemum.cy



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WHY PERINATAL MENTAL HEALTH?

THE NEED

30%

of women experience PMH issues during pregnancy or post-birth

50%

of those affected are never identified or diagnosed

€74K

average cost per case of untreated perinatal depression

"Nobody prepares you for what it's really like... you just have to figure everything out." — Participant, Slovenia (WP2 Focus Group)

The gap: PMH remains largely undiagnosed in Cyprus & Slovenia — due to stigma, absent screening, under-trained staff, and a medicalised system that focuses on the baby at the expense of the mother.



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PROJECT STRUCTURE & APPROACH

OVERVIEW

CORE OBJECTIVES

- 1 Map PMH prevalence, risks & experiences (CY & SI)
- 2 Co-design an Empowerment Programme with parents & providers
- 3 Train health professionals in perinatal mental health support
- 4 Advocate for systematic screening & policy change
- 5 Run a national public awareness campaign

THEORETICAL APPROACH

Socio-Ecological Model and related models (e.g PROCEED-PRECEDE)
Multi-layer intervention: individual, interpersonal, community, systemic & policy

COM-B Behaviour Change
Capability, Opportunity & Motivation framework guiding all programme design

Participatory Action Research
Mothers as co-researchers and co-designers — bottom-up, not top-down



WORK PACKAGES AT A GLANCE

WP STRUCTURE

WP1 Project Management

Coordination, reporting, steering committee, monthly monitoring

Ongoing

WP2 Needs Assessment

Nationwide surveys & focus groups in CY & SI; analysis & reporting

✓ Complete

WP3 Empowerment Programme

Multi-disciplinary co-design; training health professionals; piloting

In Progress

WP4 Advocacy

Stakeholder meetings, policy recommendations, systemic change

Upcoming

WP5 Public Awareness & Dissemination

National media campaigns in CY & SI; academic dissemination

Ongoing/Upcoming



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- Significant postpartum depression & anxiety in both CY & SI — targets exceeded (400 → 500+ per country)
- Key risk factors: socioeconomic stress, birth trauma, limited partner support, lack of information & preparation
- Mothers wanted to discuss mental health, but faced stigma, provider discomfort, and no clear pathways**
- Systemic gaps: no routine screening, no referral pathways, insufficient professional training in both countries

GAPS & PROTECTION NEEDS IDENTIFIED ACROSS LEVELS

Individual	Low confidence & uncertainty	Self-efficacy, emotional literacy
Healthcare	Insufficient birth/postnatal preparation	Realistic antenatal/postnatal education
System	Lack of structured follow-up	Routine postnatal support pathways



WP3 — EMPOWERMENT PROGRAMME

IN PROGRESS

6-Session Preventive Perinatal Emotional Wellbeing Programme — for pregnant women (≥ 24 weeks), groups of 8–10, co-designed with WP2 research findings

S1

Emotional Awareness
& Adjustment

S2

Stress Signals &
Regulation

S3

Expectations &
Self-Compassion

S4

Boundaries &
Breastfeeding

S5

Support
Activation

S6

Postpartum
Planning

✓ COMPLETED IN RP1

✓ Multi-disciplinary working groups formed (CY & SI)

✓ Programme curriculum fully developed

✓ Health professional training accredited (nurses & midwives, CY)

→ NEXT — RP2

→ Pilot with 100 expecting mothers per country + comparison group

→ **Health professionals training October 14-15 2026 in Cyprus**

→ Evaluate programme impact — pre/post quantitative & qualitative



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