



Making connections

Amplifying Maternal Voices toolkit worksheet

Do your research

What is already happening locally and where are the gaps? Check info on [Maternal Mental Health Alliance campaign maps](#).

What organisations/groups do you already have links with?

Any local media contacts?

Where is your time and energy best spent – within local forums or outside them?





Do your research (continued)

What is needed to ensure your approach is culturally relevant?

Be clear about what information will be shared, especially personal stories.

Be proactive

What funding opportunities are there? Check local authority websites.

Explore opportunities for speaking/co-designing/sharing information, for example, approach your local Healthwatch.

Consider contacting national organisations to help make local connections.



Think creatively

Explore new spaces – meet people where they are, such as community spaces. If spaces don't exist, can they be created online, with a blog for example.

How can you build connections organically? Remember that word of mouth can be powerful.

Consider useful local connections which may not be linked to perinatal mental health (e.g. schools and universities).

What crossover events could you get involved with? These don't have to be perinatal mental health specific.



Build your team

Who else do you know who wants to create positive change?

What can you do to maintain motivation?

Find a balance between building relationships and challenging existing structures or engaging in uncomfortable conversations when needed.





Look after yourself

Reflect on what you are comfortable with, if telling your story.

Reflect and learn

What has worked well?

Even better if...