Breaking barriers

Access to perinatal mental health services

Amplifying Maternal Voices toolkit worksheet

What is your campaign priority?

(e.g. improved access to perinatal mental health services, a new Mother and Baby Unit/additional beds)

Do your research

What are the barriers/issues in your locality?

Who may have expertise about a specific barrier/issue?

What support is/isn't available?

Do your research (continued)

Is there any existing evidence relating to your campaign priority?

What relevant training and events are there?

Reflect and learn

What is your role in this – are you the right organisation/person to do the listening? Is someone else already doing it or better placed?

What questions could you ask, e.g. "Tell me more about that…"

What don't you know, but need to know?