

P-1007 - POSITIVE MATERNAL MENTAL HEALTH: PROMOTING RESILIENCE AND WELLBEING IN PERINATAL WOMEN

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Pregnancy and new motherhood are challenging times for families. Promoting positive maternal mental health improves overall health and can prevent mental health problems, which could be detrimental to the woman, her baby, and her family.

Since maternal mental well-being is fundamental to the health of her entire family, it is essential that we promote the development and maintenance of positive mental health in perinatal women. Positive mental health is believed to be the optimal way to minimize the risk of mental illness. It is more than the mere absence of mental illness; it also encompasses strategies that will maximize a woman's mental health throughout the perinatal period. Positive mental health also promotes recovery from mental health problems and should be part of every treatment plan. Therefore, it is critical that we help women learn how to deal with the changes associated with pregnancy and new motherhood in ways that promote mental wellbeing and allow them to adapt and enjoy this important period of their life.

This presentation explores positive mental health, resilience, optimism, wellbeing, and empowerment in pregnant and postpartum woman. In addition, it provides strategies to promote maternal mental health, specifically, incorporating protective assets for mothers and families.

Mental health promotion for pregnant and postpartum women will improve health outcomes for individual women and their families, and will contribute to a more optimistic and thriving society.