

World Maternal Mental Health Webinar

Target Audience - These **free 1-hour long webinars** are open to anyone interested in learning more about maternal mental health and where to seek help for any emotional or mental health issues relating to pre-and post-pregnancy.

Date: On Fridays: 13, 20, and 27 May 2022

Time: 09:30 to 10:30 am (English)

and 10:30 to 11:30am (Arabic ندوة بمناسبة اليوم العالمي للصحة النفسية للأم)

Location: Virtual access is through MS Teams

Date	Time	Agenda	Presenters (English session from 09:30 to 10:30 am)	Presenters (Arabic session 10:30 to 11:30am)
13 May 2022	15 min	Overview of maternal mental health	Dr. Sazgar Abdullah Hamad Consultant, Psychiatry	Dr. Sazgar Abdullah Hamad Consultant, Psychiatry
	15 min	Mental Health and Wellbeing	Ms. Katja Anneli Warwick Smith AED Clinical Service Development Virtual MH Services, HMC	Dr. Smida EP Ben Mustapha Malek Medical Resident, Medical Education
	30 min	Questions and Answers with all panel members – open to the public		
20 May 2022	10 min	Maternal Mental health wellbeing - During Pregnancy Nutritional concept	Ms. Sarab Emad Nadhum Al Azzawi Clinical Dietitian, MHS	Ms. Sarab Emad Nadhum Al Azzawi Clinical Dietitian, MHS
	10 min	Sleep hygiene/ access to reach service	Ms. Divya Cecilia Dsouza Clinical Nurse Specialist Intern, MHS	Dr. Maha Ahmed A T AlSubaiey Clinical Fellow, MHS
	10 min	Physical health	Ms. Shyni Santhosh Nurse Educator II, MHS	
	30 min	Questions and Answers with all panel members – open to the public		
27 May 2022	10 min	Maternal Mental health wellbeing- After Pregnancy Baby blue/ Post-natal depression/ Psychosis	Dr. Nisha Kalariparambil Abdul Kader, WWRC Consultant, Psychiatry-MHS	Dr. Marwa Zain, WWRC Consultation-liaison psychiatry clinical fellow-MHS
	05 min	Postpartum care	Ms. Arul Mozhie Israel Occupational Therapist, MHS	Ms. Abeir Khamis Head Nurse, MHS
	10 min	Expectation of partners/ siblings/ mother/ father	Ms. Shahnaz Aboobacker Ahmed Clinical Psychologist	Dr. Maysam Madhat Abdlwahab Aljadir Specialist Psychiatrist- MHS
	05 min	Factors affecting women's health	Ms. Deborah Nelson Executive Director of Nursing/ Midwifery	Dr. Sazgar Abdullah Hamad Consultant, Psychiatry
	30 min	Questions and Answers with all panel members – open to the public		

This series is arranged in support of World Maternal Mental Health Day

#maternalMHmatters
@WMMHday

