



New EU Survey Reveals Belgian Mothers Lead in Perinatal Depression and Burnout

Brussels, 30 June 2025 – A [new Europe-wide survey](#) by international NGO *Make Mothers Matter* (MMM), in partnership with Kantar, reveals a silent crisis in maternal mental health, especially in Belgium, where mothers report the highest rates of burnout and perinatal depression among the surveyed countries. A wake-up call for policy makers, health professionals, business leaders and society as a whole

The study, *“State of Motherhood in Europe 2024”*, gathered responses from 9,600 mothers from 12 countries in Europe and found that:

- **54% of Belgian mothers** report mental health issues (vs. 50% EU average)
- **28% suffer from burnout** (vs. 18% EU average)
- **27% report perinatal depression** (vs. 17% EU average)

The findings show Belgian mothers continue to shoulder up to **71% of domestic responsibilities** alone — regardless of whether they are employed or not, impacting their well-being, careers, and financial stability:

- Following the birth of their first child, the share of mothers in **full-time employment decreases from 66% to 45%**.
- **12% leave paid employment** entirely
- Nearly **1 in 3 are dissatisfied** with their work status
- **57% feel society does not recognize their role**

“When mothers fall through the cracks of our systems—when their care work goes unsupported, unrecognized, and unshared—the cost is collective,” said **Afaf Abounouadar**, Executive Director of MMM.

The full report will be presented at the European Parliament on **September 22**, urging policymakers and employers to act. MMM calls for a revaluation of motherhood, investment in maternal mental health support, shared responsibility in unpaid care, and workplace adaptation to caregiving responsibilities.

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About Make Mothers Matter

Make Mothers Matter is an international NGO founded in 1947 to promote the recognition and support of the essential role of mothers in society. MMM holds general consultative status with the United Nations and works across Europe and globally to influence policy for mothers and families.