

Maternal psychological wellbeing: a challenge and a unique opportunity

📅 Wednesday 28th January 2026
🕒 15h15 - 17h30 GMT
📍 London School of Economics & Political Science
🏠 Marshall Building, 2nd Floor, Room 8 (MAR.2.08)

SPEAKERS



BRIEFING



Maternal mental health is one of the most pressing and most overlooked public health challenges of our time. It affects parents, children, families, workplaces and economies. Yet it also represents a powerful opportunity to intervene early, reduce long-term harm, and build fairer, more effective systems of care. **London School of Economics (LSE) joins forces with Make Mothers Matter (MMM), Anna Freud and the Care Policy and Evaluation Centre (CPEC) at LSE to present the findings of studies reinforcing the urgent need for action.**

AGENDA & SPEAKERS

1. Welcome & Opening Remarks

Prof Alex Voorhoeve, Academic Chair, LSE Vice President and Pro Vice Chancellor, Department of Philosophy, Logic and Scientific Method

2. Introductions

Dr Alain Gregoire, Consultant Perinatal Psychiatrist in the UK. Founder and Chair of the Global Alliance for Maternal Mental Health and Founder President of the UK Maternal Mental Health Alliance

Shahnaz Pakravan, former BBC Presenter and Communications Lead, MMM

3. Make Mothers Matter

Angela Garcia Romero, Director of Projects

The State of Motherhood in Europe 2024 Report, based on a study conducted by Kantar and commissioned by MMM of 9,600 mothers across 11 EU countries and the UK. The findings reveal the pressures facing mothers in the UK

4. Care Policy and Evaluation Centre, CPEC LSE

Dr Annette Bauer, Assistant Professorial Research Fellow

Study from **CPEC at London School of Economics** demonstrating the cost effectiveness of an approach that integrates mental health and universal services, reinforcing recent World Health Organisation guidance

5. Anna Freud

Dr Camilla Rosan, Consultant Perinatal Clinical Psychologist and Clinical Research Lead

New report on the Integrate project from **Anna Freud**, a mental health charity for children, young people and families, calling for more integration between mental health and universal services, including maternity and health visiting, to improve the wellbeing of the whole family

6. Brief comments from key leaders

7. Panel discussion

Dr Alain Gregoire - Moderator

- **Andy Bell** - CEO **Centre for Mental Health**
- **Anna Whitehouse** - Journalist, broadcaster, campaigner, influencer, mother and founder **Mother Pukka**
- **Christina Brown** - Founder/CEO **The Motivational Mums Club**, Maternal Mental Health advocate and Health Equity Expert
- **Alison Morton OBE** - CEO **Institute of Health Visiting**

8. Open Q&A session

Questions from the floor and online

9. Statement from

Baroness Gillian Merron, Minister for Women's Health and Mental Health action

10. Closing remarks & Call To Action

11. Refreshments

ABOUT THE ORGANISERS

- **The London School of Economics and Political Science (LSE)** is a world-leading social science university. Its **Care Policy and Evaluation Centre (CPEC)** conducts internationally recognised research on health, care and social policy.
- **Anna Freud** is a pioneering mental health charity, transforming care for children and young people through science, collaboration and clinical innovation.
- **Make Mothers Matter (MMM)** is an international NGO founded in 1947, advocating globally for mothers' rights and recognition, and representing mothers' lived realities at the EU, UN and UNESCO.

www.makemothersmatter.org

<https://www.lse.ac.uk/cpec>

<https://www.annafreud.org/>