

ABOUT THE SPEAKERS



Dr Alain Gregoire

Consultant Perinatal Psychiatrist in the UK. Founder and Chair of the **Global Alliance for Maternal Mental Health**. Founder President of the **UK Maternal Mental Health Alliance**

For over 30 years Alain has been a Consultant Specialist Perinatal Psychiatrist, during which he has set up and led multiple specialist perinatal mental health services. He has contributed extensively to the development of policy, strategy, guidance and clinical services in the area of parental and infant mental health in the UK and internationally. He has worked closely with several UK ministers in successive Governments and has been invited to speak to parliamentary meetings and ministers in several countries. He is currently Visiting Professor at the London School of Economics and Political Science (LSE), Care Policy Evaluation Centre (CPEC).

Alain has worked extensively in radio, television and film, including the multiple award-winning BBC documentary 'My Baby Psychosis and Me', and was a presenter on the BBC TV programme 'Trust Me I'm a Doctor'. He is trilingual in English, French and Norwegian.



Dr Annette Bauer

Assistant Professorial Research Fellow in the **Care Policy and Evaluation Centre at the London School of Economics and Political Science**

Annette is an international expert in perinatal mental health economics, with over 15 years' experience in evaluating mental health and social care interventions. She led the landmark 2014 study *Costs of Perinatal Mental Health Problems*, which informed over £500 million in UK government investment and has since guided policy and investment in Europe, Canada and beyond.

Her research integrates economic modelling, realist evaluation, and implementation science, and has been published in leading journals including *The Lancet Psychiatry*. Anette advises governments, NGOs, and international organisations, contributes to major research programmes, and coordinates the Global Perinatal Mental Health Special Interest Group at LSE.

She also champions capacity-building and lived-experience engagement, supervising students and delivering training in low- and middle-income countries.



Dr Camilla Rosan

Consultant Perinatal Clinical Psychologist and Clinical Research Lead, [Anna Freud](#)

Camilla specialises in perinatal mental health and early child development. She is Clinical Research Lead at Anna Freud and was the Project Lead of the INTEGRATE project. Her research focuses on health inequalities in perinatal mental health and translating evidence into policy and service improvements. She is Chair of the BPS Faculty of Perinatal Psychology and Academic Director of the Doctorate in Clinical Psychology at King's College London.



Angela Garcia Romero

Projects Director, [Make Mothers Matter](#)

Angela leads research-driven initiatives that inform advocacy at European and international levels, with a focus on maternal well-being, unpaid care work, and care-responsive policy frameworks.

She currently oversees MMM's flagship research project, the State of Motherhood in Europe, a cross-national survey examining mothers' lived experiences and structural inequalities affecting mental health, employment, income security, and access to support services. The study provides an evidence base to support policy dialogue and institutional reform at EU level.

Her experience of motherhood has been a profound and formative influence, strengthening her resilience and providing deep insight into the lived realities and structural constraints shaping caregiving roles.



Shahnaz Pakravan

Former BBC Presenter & Communications Lead, [Make Mothers Matter](#)

In close collaboration with MMM teams, Shahnaz develops and oversees communications and public engagement initiatives connecting grassroots perspectives with decision-makers across international policy platforms. Her work makes complex policy accessible and meaningful, supporting debates and conversations that resonate with diverse audiences worldwide.

Shahnaz spent over two decades in journalism and broadcasting. She presented national and international news and current affairs for the BBC, ITN, and Channel 4, hosted live audience debates, and created original programming including *Arab World Direct* for BBC World and *Everywoman* for Al Jazeera International (English). Her interviews have included senior political, business, and cultural figures from around the globe.



Anna Whitehouse

Journalist, broadcaster, campaigner, influencer, mother and founder **Mother Pukka**

In 2015, Anna founded Mother Pukka - a platform that became a rallying point for parents navigating the highs and lows of modern-day life. Drawing on her own experiences as a working mother, Anna launched the Flex Appeal campaign to challenge the outdated and inflexible working practices that disproportionately affect women, particularly those with young children. Her call was simple but powerful: flexible working should be the norm, not the exception.

Over the years, Anna's campaign has evolved into a nationwide movement, culminating in a historic victory in 2024 when the Flexible Working Bill was passed into law. This groundbreaking legislation gives all workers the right to request flexible working from day one and ensures that employers provide greater transparency and fairness for workers across the UK. The new law also allows employees to submit up to two requests per year, making it easier for individuals to manage work-life balance without fear of discrimination.

For Anna, the passing of the Flexible Working Bill was the culmination of years of tireless campaigning, but she remains resolute in her belief that there is still much work to be done. Her advocacy continues to focus on normalising flexible working across industries and ensuring that workplace policies promote inclusivity, equality, and well-being for all.



Andy Bell

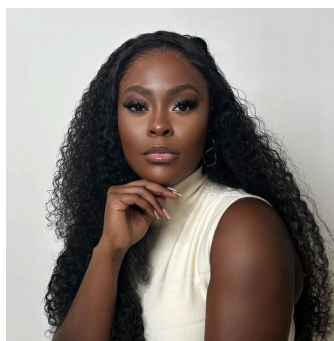
CEO **Centre for Mental Health**

Andy has been with the Centre for Mental Health since 2002 and became Chief Executive in 2023. He has worked for more than 25 years in the voluntary sector, striving for equality and social justice through research, communicating evidence, influencing policy, and informing debate.

Andy was the driving force behind the **Commission for Equality in Mental Health**, funded by the Elliott Simmons Charitable Trust, established to investigate inequalities in mental health. The Commission's work culminated in a final report, *Mental Health for All*, which set out what a system for equality could look like across communities, local and national governments.

He is at the forefront of **Equally Well UK**, a collaborative to support the physical health of people with a mental illness.

He played a pivotal role in facilitating the **Local Authority Mental Health Challenge**, which engaged elected members across the country in championing mental health at a local level.



Christina Brown

Founder/CEO **The Motivational Mums Club**, Maternal Mental Health advocate and Health Equity Expert

The *Motivational Mums Club* was born from Chrissy's personal journey through mental health challenges following the birth of her second child. During her labour, she repeatedly raised concerns that were dismissed, being sent home 4 times in a single day despite being in active labour. This experience led to a traumatic delivery and lasting emotional impact.

While sharing her story online, the response was overwhelming. Many mothers—particularly Black mothers—reached out, resonating deeply with her experience. This prompted Chrissy to research the issue further, uncovering alarming statistics: Black mothers in the UK face a significantly higher risk of maternal mental health difficulties, are more likely to die during or after childbirth, and are the leading group affected by suicide within the first year after giving birth.

Today, Christina stands as a pioneering force in Black maternal mental health and Advocate. Through her award-winning organisation, she has transformed the lives of over 5,000 Black mothers through community-based events, cultural training, peer support, and large-scale conferences. She has trained over 3,000 NHS professionals across the country.



Alison Morton OBE

CEO **Institute of Health Visiting**

Alison is the CEO and a Fellow of the Institute of Health Visiting - the centre of excellence for the profession in the UK, established to strengthen the quality and consistency of health visiting for the benefit of all babies, children, families and communities. She is driven to ensure that every child has the best life from the start and to reduce health inequalities. Alison has an extensive background in health visiting practice, with a career that spans clinical leadership, teaching, research and policy. In 2019 as its Director of Policy and Quality and became Chief Executive in 2021.