



More Than A Tick Box

Campaigners - Speakers - Advisers



Lisa Hammond

Director & Public Health Specialist

- 15 years as a Public Health Specialist
- Mum of two
- Experienced Post Natal Depression & Postpartum Psychosis
- Story is regularly featured in the media
- Pregnancy and Postnatal mental health Ambassador
- Mental Health First Aid Champion



Donna Davies

Director & Senior People Strategist

- Senior HR professional at Board level
- Mum of two boys
- Experienced severe Antenatal Depression
- Story is regularly featured in the media & published a book
- Director of Conscious Benefits



Dr Louise Clarke

GP & Perinatal Mental Health Commissioner
Member of the More Than A Tick Box Professionals Collective

Video

The birth of More Than A Tick Box

September 2018

Formation of More Than A Tick Box and development of survey

December 2018

Focus groups held and more data collected

March 2019

Speak at Summit and share our vision for the future

September 2019

Innovation showcase at the ENCP Conference in Copenhagen

October 2018

Campaign is launched with the survey on World Mental Health Day

January 2019

Collaborative partnership formed with a Clinical Psychologist

June 2019

Speak at the Northern Maternity & Midwifery Festival

**“Open discussion rather than
silly forms or tick boxes”**

In response to survey question “What would have helped you?”

A Few Stats

Data from the More Than A Tick Box Survey / October 2018



had no knowledge of
postpartum psychosis



had never heard of
antenatal depression



did not receive
adequate information
and support

Some Key Findings

Data from the More Than A Tick Box Survey / October 2018

- 1 Mums want accessible information at a time convenient for them, rather than waiting for routine appointments
- 2 They want clear, non-judgemental and open discussion with their healthcare provider rather than forms that they feel rushed to complete
- 3 They also stated they wanted more empathy, for example, reassurance that its ok to be feeling a certain way rather than glowing in the joy of a new baby
- 4 There is very little support available to partners, despite the fact they are usually the number one support for expectant and new mums

Jo

Mum of 3 / Baby Mindful Harrogate

Video



**So what are
we doing
about this?**

Action



- We are collaborating with several professionals
- The More Than A Tick Box Conference
- Validation of the Check Yourself toolkit

Making a difference



- **We are now delivering training to health professionals.**

We aim to give an expert patient perspective as well as the expertise of experienced healthcare professionals as we believe the two angles provide a more rounded and greater depth of knowledge and skills to take into practice.

More Than A Tick Box Website



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104

Days

12

Hours

24

Minutes

09

seconds

The More Than A Tick Box Professionals
Conference

Get your tickets NOW!

[Buy Tickets](#)

**Taking ACTION for those
affected by maternal
mental health**

SPEAKERS - CAMPAIGNERS - ADVISERS



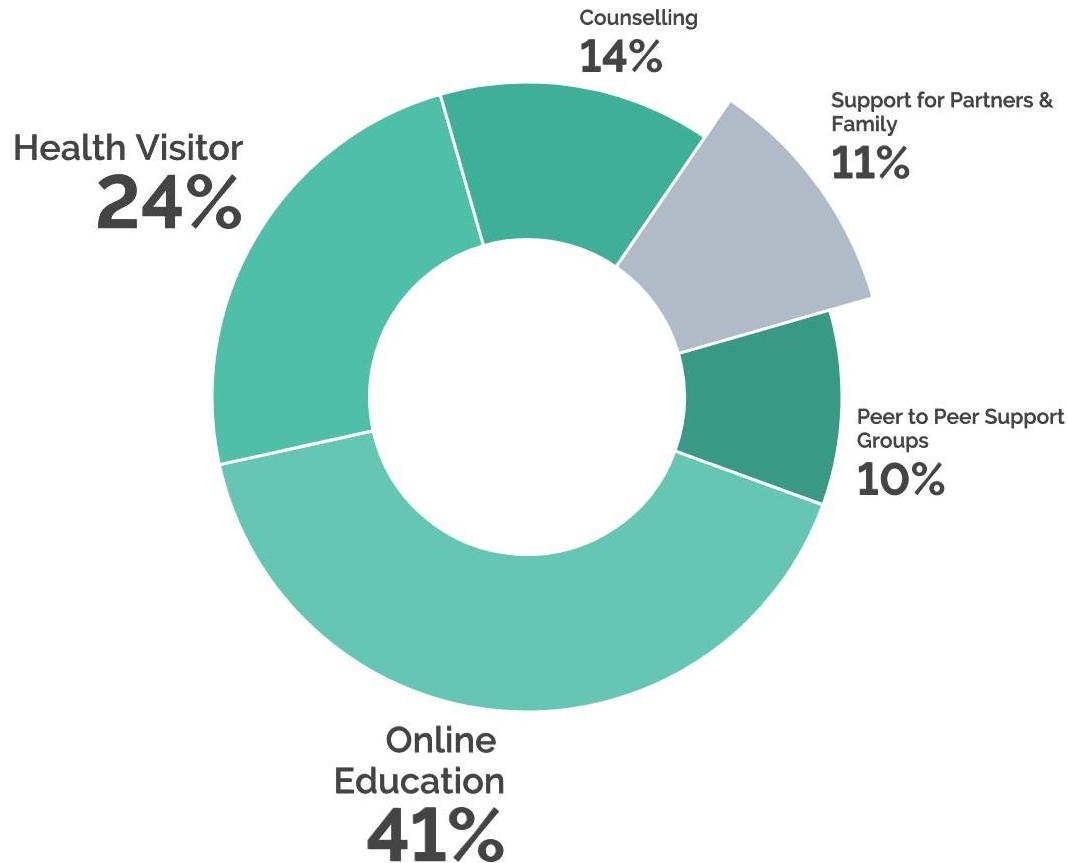
Check Yourself Toolkit

Reassurance, Guidance and
Self-identification

Why is this toolkit different?

- Questions are based on real life experiences
- Written in layman's terms with professional input
- Developed in collaboration with a clinical psychologist
- Easily accessible online and can be completed individually at any time rather than having to wait for an appointment
- Can be used beyond 8 weeks postpartum
- Relevant for everyone impacted, including partners, family members, siblings and friends
- Video links integrated into the checklist
- Includes links to support services and immediate sources of help

Support you would like to receive?



Dr Emma Murphy

Clinical Psychologist @thepsychologymum
Member of the More Than A Tick Box Professionals Collective

Video

**“Of course I said I was fine
when she asked me, I thought
my baby would be taken off me”**

When asked if they felt they could be honest about their mental health

Ask the right questions

Sometimes perception can stop us from asking difficult questions.

Just because someone looks ok on the outside, doesn't mean they are on the inside.

Ask the right questions, and then ask them again.



Depressed.



Also depressed

A close-up photograph of a hand holding a glass hourglass. The hourglass is tilted, and the background is a soft, out-of-focus sunset or sunrise sky with warm orange and yellow tones. The hourglass has two glass bulbs connected by a narrow neck, and the top bulb is slightly larger than the bottom one. The hand holding it is partially visible on the left side.

Take Action & Join Us

We don't have time to sit back and just talk about making a change.

Please **do not** leave the conference today without taking positive steps towards making a change.

Come and speak to us today about how we can work together and make a difference.



Contact Us

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 More_Than_A_Tick_Box