

BRINGING CALD WOMEN IN FROM THE COLD

IMPROVING MENTAL HEALTH THROUGH CONTINUITY

C-A-L-D - Culturally and Linguistically Diverse

Policy aimed at creating a CaTCH program for women from CALD backgrounds that allows for supportive, culturally-safe care with a focus on mental health.

Meaningful interactions between women and midwives.

Encourages trust and disclosure.

Specialised training specific to CALD women and their mental health.

Carers must recognise that CALD women may have experienced trauma different from their own and will need considered care.¹

All aspects of pregnancy and birth care will be individualised.

Continuity of care provides the holistic, needs-based care CALD women need.²

Limiting health inequalities like poor mental health leads to better clinical outcomes for mother and baby.³

Better collaboration and referral needs to be prioritised.⁴

Depression and depressive symptoms in the antenatal period have a correlation with them occurring postnatally.⁵

Fragmented care systems do not provide the time or resources to care adequately for CALD women.⁶

Specialised programs take the strain off fragmented care systems.

Good midwifery care should be based on open communication to encourage positive experiences.⁷

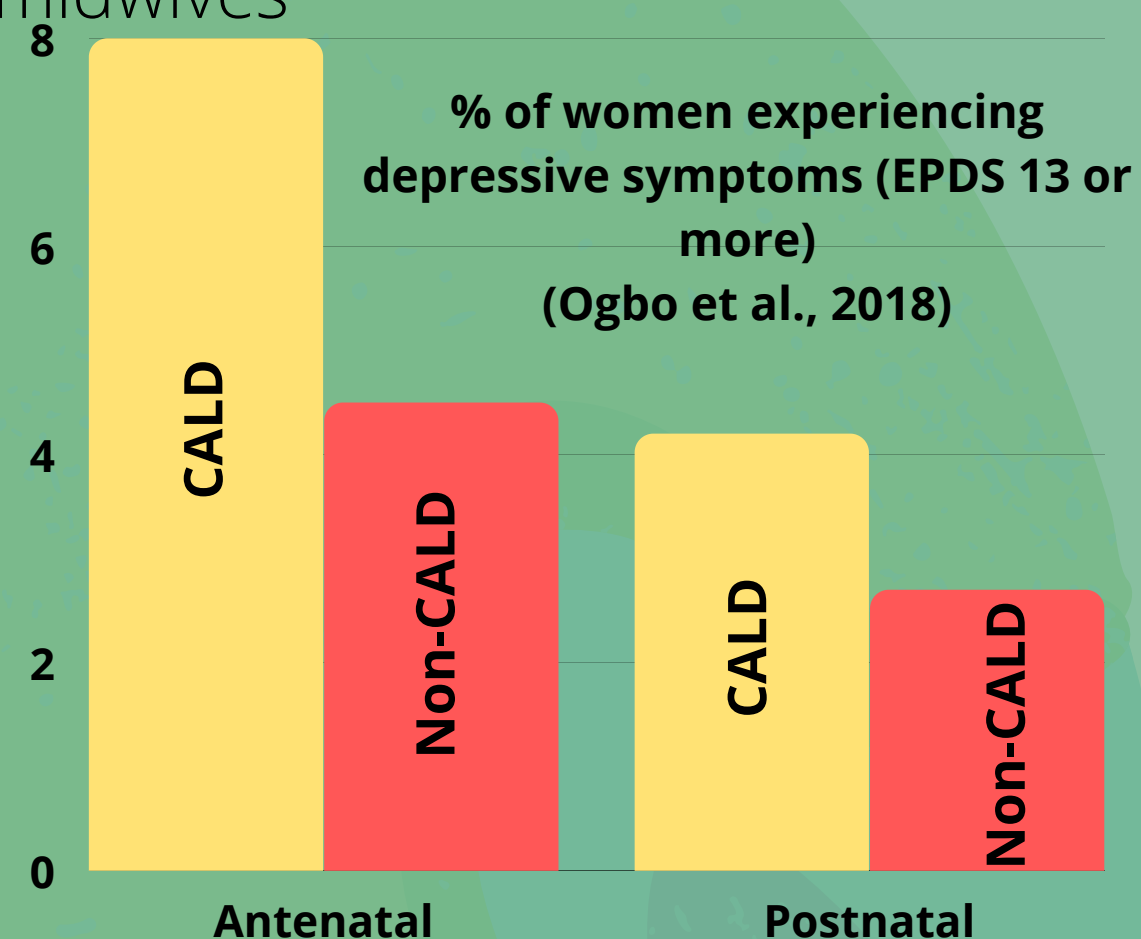
Encourages trust between woman and midwife.



CALD women are known to be underrepresented in mental health data, indicating that they are underreporting.⁷

Women don't know how to seek support in the perinatal period and face several barriers to reporting concerns:

- Differing cultural norms
- Language barriers
- Lack of support systems
- Lack of time and resources from midwives^{1,4,6,8}



Evaluate postnatally using EPDS and survey focused on support and mental health of CALD women.

Midwives - especially those in continuity of care - are well placed to recognise barriers facing CALD women that negatively affect their mental health.²

Detection can be made early and considered care can be provided.

Feedback will contribute to adaptive care and an individualised approach.

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