

# 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.<sup>1</sup>

**All** aspects of pregnancy and birth care will be individualised.

**Continuity** of care provides the holistic, needs-based care CALD women need.<sup>2</sup>

**Limiting** health inequalities like poor mental health leads to better clinical outcomes for mother and baby.<sup>3</sup>

**Better** collaboration and referral needs to be prioritised.<sup>4</sup>

**Depression** and depressive symptoms in the antenatal period have a correlation with them occurring postnatally.<sup>5</sup>

**Fragmented** care systems do not provide the time or resources to care adequately for CALD women.<sup>6</sup>

**Specialised** programs take the strain off fragmented care systems.

**Good** midwifery care should be based on open communication to encourage positive experiences.<sup>7</sup>

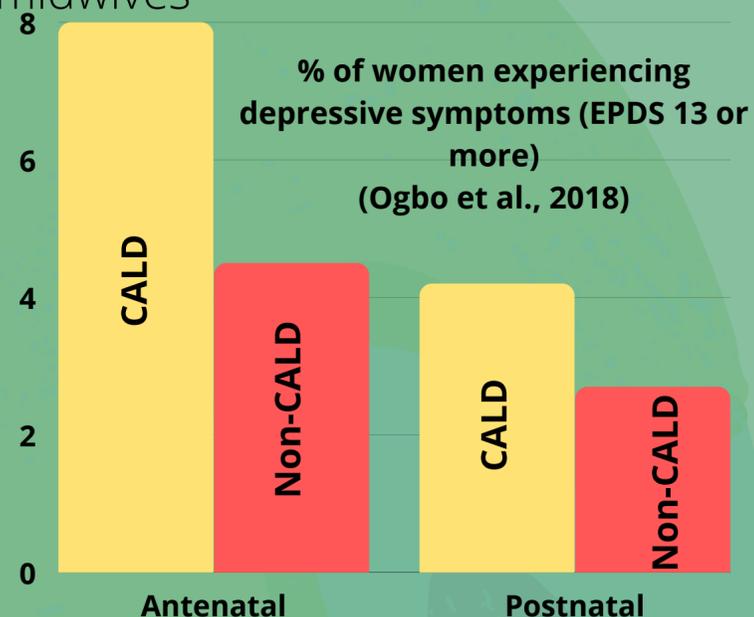
**Encourages** trust between woman and midwife.



**CALD** women are known to be underrepresented in mental health data, indicating that they are underreporting.<sup>7</sup>

**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<sup>1,4,6,8</sup>



**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.<sup>2</sup>

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

**Feedback** will contribute to adaptive care and an individualised approach.

## References

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