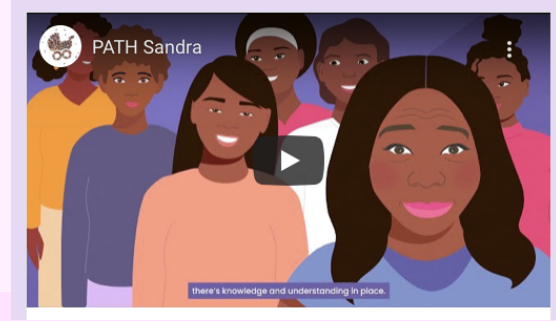


## AN OVERVIEW OF THE PATH PERINATAL MENTAL HEALTH PROJECT

### ONLINE OUTPUTS

#### 1 Multi-media campaign

A cross-border multi-media campaign was launched in 2021 to destigmatise and raise awareness of perinatal mental health and promote prepared parenting, reaching over 50 million people so far.



#### 2 Resources for employers and healthcare professionals

Online resources and training materials were created to help employers and healthcare professionals to support new parents' perinatal mental health. These are available on the:

#### 3 Online support hub

This hub also hosts support, information and resources for pregnant women, new parents and families in all their forms.



[path-perinatal.eu](https://path-perinatal.eu)

### FACE TO FACE & VIRTUAL OUTPUTS

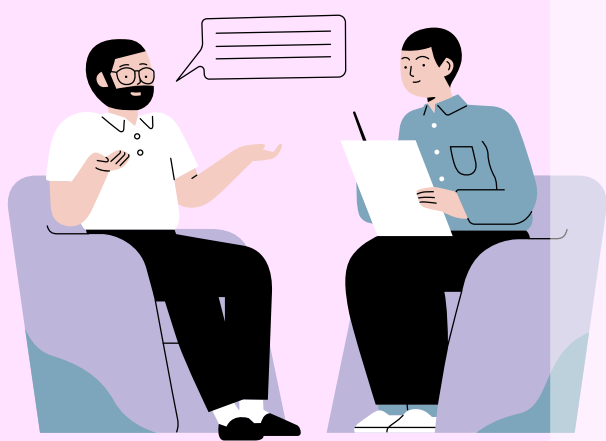
#### 4 Prepared parenting support sessions

The project delivered support sessions to mixed groups of parents and parents to be to support them on their journey with topics such as matrescence and building their support network.



#### 5 Face to face training for professionals and employers

In addition to online resources, partners delivered face to face and virtual reality training to healthcare professionals and employers. Focusing on many topics including fathers' mental health and stigma.



#### 6 Peer support training

The final output of the project and key element of the PATH legacy was peer support training. Partners delivered this to a variety of people and groups, including parents, grandparents and the wider workforce.



PATH was awarded more than €5 million EU funding to this €8.5 million partnership. This cross-border initiative involved thirteen partners from France, Belgium, the Netherlands and the UK and ran from January 2019 to March 2023.