

# Maternal Mental Health Awareness 2025

12 May 2025  Naomi De Silva

The initial stages of motherhood are often filled with joy, yet they can also be daunting, both emotionally and physically.

It's a time that many women may encounter mental health issues. The NHS reports that perinatal mental illness, which encompasses mental health from pregnancy to up to two years post-birth, impacts up to 20% of new and expectant mothers. Recent statistics from the NHS indicate that in the year 2023-24, approximately 57,000 pregnant women and new mothers accessed specialist mental health services, marking a 33% increase from the previous year.

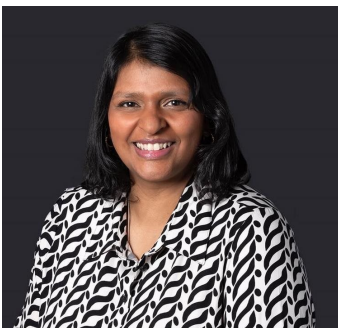
This week marks the observance of Maternal Mental Health Awareness Week 2025, scheduled from 5 - 11 May 2025. The campaign for this year, themed 'Your Voice, Your Strength', aims to empower women to discuss their mental health challenges openly.

On my own maternity journey, I felt completely distant from my life as a solicitor, as I tried to navigate life as a mother with a small person completely reliant on me. I was so grateful to those colleagues that took the time to check in on me, Kate Bear who treated me to a really nice lunch, Hannah Collins (she/they) who squatted with my baby to entertain him so I could nip to the loo, and team catch ups in the park as we had to socially distance. I slowly remembered the person who had built up a legal career over the last few decades and started to find balance: the 'new me' who was a mother, managing overwhelming love and anxiety, and the old parts of me that I wanted to take forward.

Similarly, my return to work after a blissful time with my children was filled with dread and anxiety, particularly as the first time around was in a pandemic. I was empowered by my supervisors at each instance, Leah Jones and James Arrowsmith to be open about how I was feeling and eased back into the every-day at work. HR also helped in being the first point of call to talk about my anxieties, and I'll never forget being told, *"we're worried about you, can we get you assessed to help you to come back..."*.

Reach out, there is help there. By sharing our experiences, we can offer support and reduce the isolation often felt by others. I hope that this helps those on their return to work, those who are about to go on leave, and anyone who has had a minute to look at their laptop during their maternity leave.

## Contact



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