



Nordic Alliance for Perinatal Mental Health

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- **The alliance** was formed in June 2021 and includes organisations supporting the area of perinatal mental health in Finland, Norway, Sweden, Denmark and Iceland.
- **We invite** all organisations, such as professional associations and alliances, organisations of subjects with lived experience of mental disorders during pregnancy or postpartum, scientific and educational communities, and other organisations operating in the field of pregnancy, postpartum, families, infants and their mental wellbeing to join.
- **The focus** of the Nordic Alliance for Perinatal Mental Health is to gather, compound and spread the information produced by the member organisations to make all of our work more efficient and reachable. It also enables organisations to spread knowledge about their projects and to work together for better achievements.
- **The main goal** is to finally improve maternal mental health care and outcomes for mothers, fathers and their infants in the Nordic countries.