

The Goal: Make maternal mental health screening and support accessible, normal, and stigma-free across Ghana. We're partnering with hospitals, universities, mental health professionals, and faith communities to create safe spaces for conversation, screening, and healing.

What We're Doing: Maternal health screening at partner hospitals. Campus mental health talks. Workplace wellness sessions. Support groups for new mothers. Professional counseling connections. Public awareness campaigns. All driven by one belief: Mental health is health period!

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In partnership with Mental Health Authority of Ghana
Because a healthy mother = a healthy family.


IF YOU KNOW SOMEONE STRUGGLING:

- Don't tell her to "snap out of it" or "be grateful"
- Listen without judgment
- Offer specific help:
"Can I watch the baby while you rest?"
- Encourage her to talk to a healthcare provider
Check in regularly—don't assume she's fine

EMERGENCY RESOURCES:

If you're having thoughts of harming yourself or your baby:

 Call the National Mental Health Emergency Line:
0800-678-678 (Toll Free)

 Go to the nearest hospital emergency room
You don't have to face this alone. Help is available. You deserve to feel better.

Breaking Stigma, Building Support is a 2026 mental health initiative by Jubilare Group in partnership with Mental Health Authority.

Who We Are: Jubilare Group is a Christian organization using music and relevant social interventions to bring about measurable social impact. We believe worship without works is incomplete. For 4 consecutive years (2022–2025), we have combined excellence in gospel music with consistent community service to Ghana's most vulnerable populations.

Why Mental Health? Ghana is facing a silent crisis: 1 in 5 new mothers experience postnatal depression, yet most suffer in silence. Rising suicide rates among students. Workplace burnout destroying families. Too many suffer because of stigma. Too many don't know where to turn. Too many think mental health struggles mean spiritual failure or personal weakness.



**JUBILARE
GROUP**

YOU'RE NOT ALONE. YOU'RE NOT FAILING.

You're a Mother Who Deserves Support.

Breaking Stigma, Building Support



#EveryMindMatters

WHAT NO ONE TELLS YOU ABOUT MOTHERHOOD

Motherhood in Ghana comes with expectations: Joy. Gratitude. Instant bonding. Endless energy.

But what happens when you feel:

- Empty instead of joyful?
- Overwhelmed instead of grateful?
- Disconnected from your baby?
- Guilty for not feeling "blessed enough"?

*You're not crazy.
You're experiencing
something real.*

Up to 1 in 5 new mothers in Ghana experience postnatal depression or anxiety. It's not a spiritual problem. It's not weakness. It's a medical condition that can be treated.

COMMON WARNING SIGNS

- Persistent sadness or crying spells
- Severe mood swings or irritability
- Withdrawing from family and friends
- Loss of appetite or eating too much
- Sleeping too little or too much
- Overwhelmed
- Feeling it's not worth it

If you recognize any of these symptoms, don't wait. Reach out today!

Why This Happens (And Why It's Not Your Fault)

HORMONAL CHANGES

After childbirth, your hormones drop dramatically. This affects your brain chemistry and mood.

SLEEP DEPRIVATION

Broken sleep isn't just tiring—it affects mental health, decision-making, and emotional regulation.

SOCIAL ISOLATION

New mothers often feel alone, especially if family support is limited or if they're told to "just pray about it."

UNREALISTIC EXPECTATIONS

Social media, movies, and cultural pressure create a perfect motherhood myth. Real motherhood is messy, hard, and doesn't always feel magical immediately.

*"You are not weak. You are human.
And healing is possible."*

You Can Feel Better. Here's How.

1. TALK TO SOMEONE YOU TRUST

A partner, mother, sister, friend, pastor, or midwife. Speaking breaks the silence that makes this worse.

2. TELL YOUR DOCTOR OR MIDWIFE

This hospital now screens for maternal mental health. Your healthcare provider can connect you to counseling, support groups, or treatment if needed.

3. JOIN A SUPPORT GROUP

Being around other mothers who understand what you're going through reduces shame and isolation.

4. CONSIDER PROFESSIONAL COUNSELING

Therapy isn't just for "serious" cases. Talking to a trained counselor can help you process emotions and feel heard.

5. ASK FOR PRACTICAL HELP

Let someone else hold the baby while you shower. Accept offers to cook or clean. Rest is not selfish: it's essential!

6. BE PATIENT WITH YOURSELF

Recovery takes time. Some days will be harder than others. That's normal. You're doing better than you think.

What To Do RIGHT NOW

IF YOU'RE STRUGGLING:

📞 Call or text:
0800- 678-678
0507540309

💬 Talk to your midwife or doctor at your next visit

👥 Join our support group (details at hospital reception)