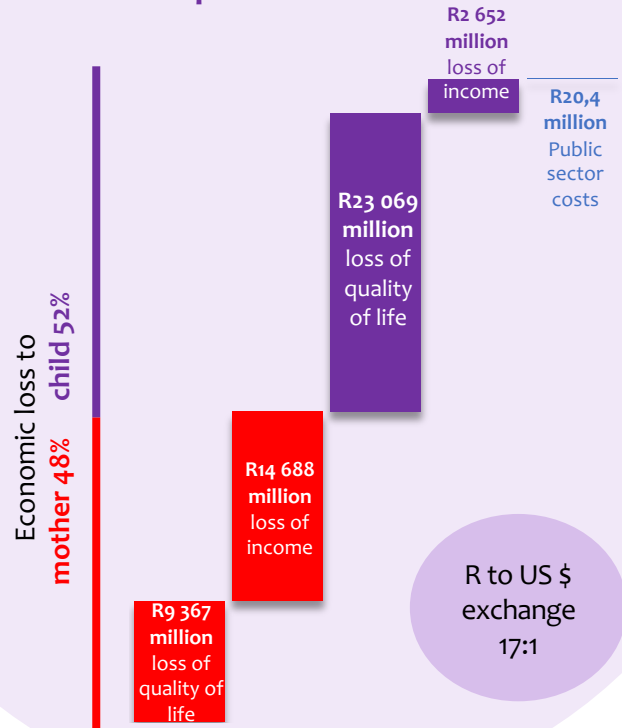


# It's too costly to do nothing about perinatal mental health problems in South Africa\*

## The silent burden in South Africa



## Inaction has intergenerational impacts and costs



The impacts on women over a ten-year period, and the long-term possible consequences for their children, over 40 years

South African society bears

**R49.3 bn in economic cost for every year of births.**

That's just under R51,000 per baby

Every R1 invested saves at least R4.70 a massive return on investment for interventions in perinatal mental health care \*\*

Proven strategies to combat common mental health problems during and after pregnancy

Address causes (e.g. Gender-Based Violence and food insecurity) and reduce stigma

Collaborate across service sectors

Situate interventions within communities, with community participation

Provide evidence-based psycho-social care integrated within maternal and child services

\*A Bauer, E Garman, D Besada, S Field, M Knapp, S Honikman "Costs of common perinatal mental health problems in South Africa." *Global Mental Health*. 2022 Jul 28:1-0.

Savings likely to be higher if impacts on early childhood development are considered.

\*\*D Besada, S Docrat, C Lund "Mental Health Investment Case for South Africa" a report commissioned by the National Department of Health, Pretoria 2021