

## Figure 1. Thematic Analysis of Mapping the Domains of Perinatal Mental Health

People	Systems	Structures
<ul style="list-style-type: none"><li>• Development of Self Advocacy Strategies</li><li>• Knowledge Acquisition</li><li>• Clinical Training</li><li>• Risks of Being Vulnerable with Clinicians</li><li>• Community-Based Healing</li></ul>	<ul style="list-style-type: none"><li>• Oppressive or Helpful</li><li>• Lack of Congruence or Access to Services</li><li>• Disenfranchised Experiences and Grief</li><li>• Culture and Systems Change – Thriving Communities</li></ul>	<ul style="list-style-type: none"><li>• Unhelpful or Harmful Healthcare Structures</li><li>• Racism</li><li>• Language: PsychoSocialSpiritual</li><li>• Medical Model Adaptation</li><li>• Mental Health Stigma</li><li>• Intergenerational Trauma</li></ul>