

UAMS News Bureau

Office of Communications & Marketing
4301 West Markham # 890
Little Rock, AR 72205-7199

uamshealth.com/news



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Media Contacts:

Leslie W. Taylor, 501-686-8998
Wireless phone: 501-951-7260
leslie@uams.edu

Yavonda Chase, 501-686-8994
Wireless phone: 501-416-0354
yavonda@uams.edu

UAMS to Host Women’s Mental Health Forum on Oct. 2

LITTLE ROCK — Nearly 20% of American women will face a serious mental health challenge this year, with depression striking women at twice the rate of men, according to data from the American Psychiatric Association.

The University of Arkansas for Medical Sciences (UAMS) is hosting a forum on women’s mental health, featuring experts who will discuss the latest approaches to addressing this growing concern.

The Women’s Mental Health Forum, hosted by the UAMS Psychiatric Research Institute, will be held Oct. 2 from 8 a.m. to 2 p.m. at Pulaski Heights United Methodist Church, 4823 Woodlawn Drive, in Little Rock. Made possible by a UAMS Chancellor’s Circle grant, the gathering will include workshops on topics related to helping women of all ages deal with mental health issues.

The keynote speakers will be Jennifer Gregg, Ph.D., a professor of psychology at San Jose State University, and UAMS’ Matthew Boone, LCSW. Gregg is a California-licensed clinical psychologist, author, professor and trainer with over 25 years of experience helping people navigate life’s toughest challenges. Boone, an instructor in the UAMS Department of Psychiatry and associate director of the UAMS Student Wellness Program, is a social worker, psychotherapist and educator who specializes in translating mental health concepts for the general public.

Specialists will demonstrate proven methods for addressing mental health challenges across three critical life stages: adolescence, pregnancy/postpartum and aging. Shona Ray-Griffith, M.D., of the UAMS Women’s Mental Health Program will lead a panel discussion, “You’re Not Alone: Mental Health Support for the Journey of Motherhood,” featuring Ashley Bearden Campbell of Arkansans for Improving Maternal Health, Elizabeth Bojie, Ed.S., M.S., chair of the Postpartum Support International Arkansas chapter board of directors, and Nicolle Fletcher of the Doula Alliance of Arkansas.

“Maternal mental health is a public health issue that touches every family and community in Arkansas. Too often new and expecting mothers face depression, anxiety or even crisis in silence,” said Hannah Williams, M.D., of the UAMS Women's Mental Health Program. “By holding the women's mental health summit, we give space to share stories, connect resources and break down stigma, because supporting mothers' mental well-being means supporting healthier children, stronger families and a brighter future for our state.”

The forum, open to the general public as well as to all medical and mental health professionals, will conclude with workshops on nutrition, sexual wellness and psychological well-being.

Tickets are \$50. The price includes breakfast and lunch. Continuing education credits will be available. Information about continuing education is available on the registration page, [UAMS.Health/MentalHealthForum](https://www.uams.edu/Health/MentalHealthForum).

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; a hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and eight institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute, Institute for Digital Health & Innovation and the Institute for Community Health Innovation. UAMS includes UAMS Health, a statewide health system that encompasses all of UAMS' clinical enterprise. UAMS is the only adult Level 1 trauma center in the state. UAMS has 3,485 students, 915 medical residents and fellows, and seven dental residents. It is the state's largest public employer with more than 11,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's, the VA Medical Center and Baptist Health. Visit www.uams.edu or www.uamshealth.com. Find us on [Facebook](https://www.facebook.com/uams), [X \(formerly Twitter\)](https://twitter.com/uams), [YouTube](https://www.youtube.com/uams) or [Instagram](https://www.instagram.com/uams).

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