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By Asha McCarthy Music – www.ashamccarthymusic.com

Epitaph, a mother's precious words to her daughter

Within moments of giving birth to her daughter and holding her in her arms for the first time, Asha was forced to confront the possibility that this precious moment may not last. Asha's life was hanging in the balance.

During the tough times of her recovery from a traumatic birth, and the challenges of being a new mum, incredibly, Asha wrote and produced her debut album, Epitaph.

"I wrote Epitaph for my daughter Jasmine – It captures all the feelings and experiences I've had as her mother, from mental health challenges to joy and love. After facing the possibility of not being there for my daughter, I wanted to leave something enduring behind" - Asha McCarthy.

Many mothers experience feelings of low mood, isolation, anxiety and depression, especially in the early days of motherhood. 'Epitaph' contributes to the de-stigmatization of speaking about perinatal mental health.

"Music has always given me hope and strength during the hardest moments of my life and my wish is for this collection of songs and lullabies to do the same for others" - Asha McCarthy.

Epitaph is the debut album by Asha McCarthy, released on Friday 17th September.

###Ends.

Notes to Editor:

- **Main Contact: Asha McCarthy** - ashamccarthy@gmail.com and 07798 606093
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- **Press Kit:** <https://www.ashamccarthy.com/press>
- **About Asha McCarthy**
 - Asha McCarthy is a multi-faceted cellist, singer and composer. She is a performer in North Indian classical, western classical, and folk music.
 - Find out more about Asha: www.ashamccarthy.com
 - On Facebook: <https://www.facebook.com/ashacello/>

- **More about *Epitaph***

- Listen here for an album highlights reel: <https://soundcloud.com/asha-mccarthy/epitaph-album-promo-reel/s-HJuOIQdBS4h>
- Download the full album here and use the code: xxxxxxxx <https://ashamccarthy.bandcamp.com/yum>
- *Epitaph* is Asha's debut album and sees her combine songwriting and production for the first time. It is an eclectic and uplifting collection of songs written to help women process experiences of perinatal mental health challenges.
- *Epitaph* features the wonderful bass playing of Misha Mullov-Abbado, and Lukas Drinkwater mastered the album at Polyphonic recording.

- **Key statistics about Perinatal Mental Health in the UK:**

More than 1 in 10 women experience a perinatal mental health problem during pregnancy or within the early postnatal years.

70% of women will hide or underplay their illness.

Suicide is the leading cause of direct maternal death within a year of having a baby.

Info taken from: <https://maternalmentalhealthalliance.org/about/perinatal-mental-health/>

Further info by The Guardian (2019): <https://www.theguardian.com/society/2019/dec/06/singing-babies-postnatal-depression>