

# MUMS IN MIND

Is a 5 week online group course via Zoom, for post natal women who are struggling with low mood and/or anxieties of motherhood. The group is aimed at mothers of babies under 12 months of age. You can be referred to the Mums in Mind course by your health visitor who can be contacted on tel. **0333 358 3328**

## ARE YOU STRUGGLING WITH LOW MOOD AND/OR ANXIETY?

While coping with the physical changes in pregnancy, birth and beyond, your emotional health is important too. Many women feel anxious, unhappy, mentally distressed, depressed or even more severely mentally unwell during this time, which can be unexpected.

Often your friends and family will spot that things aren't quite right before you do.

You may have mixed emotions about your pregnancy and your baby. This is completely normal. Here are some common signs that you should talk through with your midwife or health visitor:

- Tearfulness
- Feeling overwhelmed
- Being irritable/arguing more often
- Lack of concentration
- Change in appetite
- Problems sleeping or extreme energy
- Racing thoughts
- Feeling more anxious
- Lack of interest in usual things

Dealing with these emotions can be a bewildering and frightening experience for you and your family, rest assured that help is on hand. Your health visitor will be able to guide and/or refer you to the most appropriate support for you.

**Asking for help takes courage but it is an important step on your road to recovery**

## WHAT TO EXPECT FROM THE MUMS IN MIND COURSE

- Free course
- A safe and welcoming on line environment
- An opportunity to meet other mothers who are also struggling with their emotions
- Baby comes too, we include activities to calm baby
- Small group size
- Fun and friendly
- Delivered by experienced trained staff



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## USEFUL WEBSITES AND CONTACTS:

- 0-19 Public Health Nursing Service (**Health visiting**) Tel 0333 358 3328
- Text a Health Visitor via **CHAT health** 07520619053
- **Association for Post Natal Illness (APNI)** [www.apni.org](http://www.apni.org)
- **Pre and Post Natal Depression Advice and support (PANDAS)**  
[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)
- **Improving Access to Psychological Therapies (IAPT)** - Telford Primary Care Well being Service Tel 01952 457415
- **Access Team for adult mental health** Tel 03001240365
- **Samaritans** [www.samaritan.org](http://www.samaritan.org) Tel 116123
- **Mind** [www.mind.org.uk](http://www.mind.org.uk)
- **Baby buddy app** [www.bestbeginnings.org.uk/baby-buddy](http://www.bestbeginnings.org.uk/baby-buddy)

