



Pregnancy in Mind (PiM)

Welcome!

Pregnancy and becoming a new parent is a time of change. You might feel stressed or alone, or maybe something just doesn't feel right or as you expected. You don't have to go through this alone, we are here to support you.

Pregnancy in Mind

You can attend if you are an expectant parent from early pregnancy to 26 weeks, hopefully completing the group by the time you are 34 weeks. You don't need to have been diagnosed with anxiety or depression to take part in the programme, you can attend if:

- You or your partners' pregnancy has made you think about difficult experiences from your past.
- You have mixed feelings about the pregnancy, which has caused you to have some low mood or worries.
- You are worried about a previous pregnancy and how it affected you and your family.
- You are away from family/social support networks.
- You have experienced previous anxiety or depression and/or are concerned about Post-Natal Depression.
- You are feeling stressed or just 'not right'

What is Pregnancy in Mind?

Pregnancy in Mind is group work programme for expectant parents. It consists of 8 groupwork sessions, usually 1 per week. The group can be delivered face to face or virtually over skype or MS Teams.

The programme consists of the following elements:

- Mindfulness meditation
- Active relaxation- Body Based Exercises
- Understanding my mental health and developing ways to manage it
- Bringing baby into the room
- Social support
- Couple and co-parenting

Each week we will have a 1-2-1 discussion about your wellbeing and to hear about any highlights or concerns you have.

Following each group session, useful materials will be provided to you for you to look at in your own time.

The main aim of this group is to help you to find positive ways to manage any difficult feelings you are experiencing so that your wellbeing can be improved and the relationship between you and your unborn baby can be nurtured.

Once your baby has arrived there will be an opportunity for you to meet with the practitioner who has run your group individually to chat and see how things are going and hear more about your wellbeing.

This is a groupwork service. However, if you have needs that would make it difficult to attend a group we may be able to offer 1 to 1 sessions.

If this feels like something that would be helpful to you then please speak to your midwife or contact us directly on:

Yorkshire, Northeast and Humberside Hub: 01274 381440

neyhubdirectservices@nspcc.org.uk