

## When can I seek Support?

Peer support can be incredibly useful on it's own, if you're noticing low mood, anxieties or other mental health symptoms postnatally.

We offer support from birth up to the age of 18 months, or if this is your second/third + child you can attend antenatally alongside your child.

It may be that you've noticed some low mood after baby has been born, or that the 'baby blues' are not shifting.

You can also use this groups alongside other therapies, or as a step down.

The service is by **self referral**, so please email us with your name, age of your baby:

[livewell.perinatalpeersupport@nhs.net](mailto:livewell.perinatalpeersupport@nhs.net)

We will then send you a self-referral form to gather some basic information.

## Group Information

### Nomony Children's Centre, Cattedown

Every Monday between 10-11.30

### Four Greens Wellbeing Hub, Whitleigh

every Wednesday between 10 -12 noon

### The Barn Children's Centre, St. Budeaux

every Friday between 10.00 – 11.30 am

### The Rees Centre, Plympton

every Friday between 1—2.30pm

### Green Ark Children's Centre, Devonport

Every Friday between 1-2.30pm

**Please feel free to contact us if you have any questions**

## Contact details

### Perinatal Peer Support Team

Ridgeview

Plympton Clinic—1st Floor

Station Road

Plymouth

PL7 2AU

**Tel: 01752 431607**

**Email:**

[livewell.perinatalpeersupport@nhs.net](mailto:livewell.perinatalpeersupport@nhs.net)



Livewell Southwest



@livewellsw

# Perinatal Peer Support Groups



Information about our peer support groups that are ran three times a week in various Plymouth locations.

These groups are run by our Peer Support Team



PERINATAL MENTAL  
HEALTH TEAM

*We support people to lead independent, healthy lives*

**Livewell**  
Southwest

## Introduction

'Perinatal' means the period covering pregnancy up to roughly a year after giving birth. Around one in five women will experience a perinatal mental health challenge. This may be a new mental health challenge, or it might be one which a woman has experienced before, but it has continued or returned during the perinatal period.

Our peer support groups are run by a team of perinatal peer support workers and volunteers, all of whom have lived experience of perinatal mental health difficulties. We work alongside in collaboration with the Perinatal Mental Health Team.

The groups are a safe space for you to come and open up or just have a hot drink with someone on hand to help with baby. They're informal and very friendly. There is also space to feed and change baby, and for prams.

## We are here for you

Motherhood can be a time of upheaval but rest assured, we are here to guide and be with you through this time.

We understand that the societal pressures of motherhood can feel heavy. The group allows us to share, say how we may be feeling and discuss coping mechanisms and helpful information.

And sometimes we just have a good moan about life!

## Could Peer Support help me?

It could:

- Help you to open up about your feelings and experiences,
- Reassure you that you're not alone in how you're feeling,
- Show you ideas and approaches that others found useful,
- Help you connect with others and give you a sense of belonging,
- Build your self-esteem and confidence,
- Help you to feel more hopeful about the future.



## Peer Support is:

- A safe space
- Bringing people together to share experiences and support each other
- Provide a space where you feel accepted and understood
- Treat everyone's experiences as being equally important
- An empathetic and understanding service
- Involves giving and receiving support

## What Peer Support Groups can look like:

They may look like as you'd expect; prams lined up against a wall, activity mats and baby toys everywhere, mums bouncing babies and drinking a cup of coffee.

The difference with our Perinatal Peer Support group is that we are here for you, as a mother, and for your baby. We offer a safe and nurturing space.

## Here is what some of our service users have to say:

"It was so refreshing to know I wasn't alone in how I felt, and that motherhood really can be overwhelming for others too"

"Attending has been really nice and helpful, the fact we can open up if we feel but there is no pressure to. I also like to listen to everyone else and maybe offering advice too—it makes me feel good to help others. These groups are so good and important for new mums to access"

"Before coming, I thought there was something wrong with me, that I would have to go through it alone. Coming to this group has helped me see there are lots of us out there and you know that when you open up you are not judged. The ladies have made me feel comfortable and loved. Definitely worth taking the plunge"