

Let's Talk IAPT (Haringey's Improving Access to Psychological Therapies NHS Service) is launching a Wellbeing in Motherhood group for new Mum. We recognise that life changes a lot when a new baby arrives and can sometimes be stressful. Adjusting to your new role and juggling responsibilities can sometimes take a toll on your own wellbeing.

We would like to invite new Mums to our interactive wellbeing in motherhood group. The aims of this group are to help you adjust and manage the stress of being a Mum.

This group will run for 6 consecutive weeks and is totally **FREE TO ALL HARINGEY RESIDENTS.**



LET'S TALK NHS

TALKING YOUR WAY TO
BETTER MENTAL HEALTH

WELLBEING IN MOTHERHOOD



Are you a new mum?
Come along to our **FREE**
support group for mums to
improve your wellbeing

**LET'S
TALK**

lets-talk-iapt.nhs.uk

Barnet, Enfield
and Haringey
Mental Health NHS Trust



Whittington Health



A free and confidential talking therapy
service for Enfield and Haringey

iapt

Improving Access to Psychological Therapies

Talking Helps

Becoming a Mum, whilst joyful, can also be a life changing event with many new responsibilities. The challenges of becoming a Mum can be made worse by a sense of isolation, self-doubt, and having high expectations about the mother you want to be.

Common issues that new mothers face can be:

- **Feeling low in mood**
- **Feeling judged**
- **Feeling isolated**
- **Withdrawing**
- **Feeling tired**
- **Irritable**
- **No time for yourself**
- **Worrying**
- **Fear of seeking support, or feeling alone and unsupported**
- **Difficulty coping**

If you are struggling with any of these issues our new Wellbeing in Motherhood group may be able to help.

Details of the course

When: Wednesdays

Dates: From 9th November – 14th December 2016 inclusive

Time: 10:30am- 12:30pm (2hrs weekly)

Where: Hornsey Central Neighbourhood Health Centre, London N8 8JD



Referring yourself is easy!

1. Go to our website lets-talk-iapt.nhs.uk
2. Select “self-referral”
3. Complete the referral form and specify **“Wellbeing in Motherhood Group”** on your referral

We will contact you to arrange an initial telephone assessment during which we can answer any questions you may have.

You can also refer yourself through your GP, or contact us if you would prefer a paper referral form.

To contact us: 0203 074 2299