

“Highly recommend the groups and it’s very helpful that childcare is offered.”

“Really helped to improve my mood & attitude. Enjoying my baby more.”

“It’s been great to meet other mums. I’m not alone in my thinking.”

Quotes from Mums of a previous group

**TO FIND OUT
ABOUT COURSES
RUNNING NEAR YOU,
GIVE US A CALL
OR VISIT US ONLINE**



01208 871905



www.outlooksw.co.uk

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Innovation in
Psychological
Services

**finding yourself
again** a group for mums
with post-natal low mood



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Kernow Clinical Commissioning Group

Finding Yourself Again is an informal, supportive group for mums who are feeling low after the birth of their baby. Meeting for 5 weeks (2 hours per week), attendees can meet with other mums who are experiencing similar competing demands of motherhood.

We have free crèche facilities available at each of the groups which are kindly supplied by the venues (children's centres).

Post natal depression affects around 1 in 5 women. This can affect the way we think, feel and behave and can make us feel:

- Sad
- Tearful
- Worthless
- Guilty
- Anxious
- Hopeless

If you are showing signs of post-natal low mood you may also find a change in your appetite, reduced concentration levels or a loss of motivation.

If you can identify with some of these symptoms, then you might find our group sessions useful for you.

Each week we will look at different ways to help you cope with the demands of parenthood to help:

- Improve your mood
- Overcome worry and anxiety
- Challenge unrealistic expectations of being a mum
- Help you to understand and manage your feelings more effectively
- And help you to Find Yourself Again

These sessions are running in children's centres in a number of towns across the county; please visit our website or call us to find out where your nearest course is taking place.

Message to Fathers / Partners

If you are not the mother reading this leaflet and you feel that your partner is experiencing these problems, then you have a part to play too. Mums who are supported to access services like this are much more likely to get help.

“I’m so pleased that I came to this course. I can’t believe the difference I feel in myself after only 5 weeks. I’m very grateful for the help and support I’ve had.”

Mum from a previous group

What do I do now?

There is no charge to attend the groups and you can self refer, or ask your Health Visitor or GP to refer you. For more information or to refer yourself to a group call **(01208) 871905**. Alternatively, visit our website to find out more (www.outlooksw.co.uk).

