

Positive affirmations

- I am brave
- I am enough
- I am doing my best
- Today is a good day
- I am loved
- I am strong
- I am grateful for all that I have
- I will be happy and healthy



The mother whipped off her cape, held her hands in the air and said 'I'm struggling this time'. The other mothers breathed a sigh of relief, ripped their capes off and said 'Me too', and they all knew they were not alone.

What's going on?

Face to face peer support group

Barnsley, Calderdale, Dewsbury, Huddersfield and Wakefield all have face to face peer support groups.

Virtual groups

Antenatal staying well and peer support— an online group run over 4 weeks with tips to stay well during your pregnancy.

Support in your area

Turning Point Wakefield

01924 234860-

Calderdale and Kirklees IAPT

01484 343700

Calderdale Vita Health

03330 153494

Mental Health Access Team

01226 644900

Dads and dads to be

Apps:

Dad Pad

Baby Buddy

What to Expect

Websites:

Andy's Man Club

www.choiceandmedication.org/swyp/printable-leaflets/drugs-in-pregnancy/

www.bbc.co.uk/tiny-happy-people

Helplines:

Crisis (24 hours) 0800 183 0558

IAPT (Monday to Friday, 8am - 8pm) 01484 343700

Samaritans 116 123

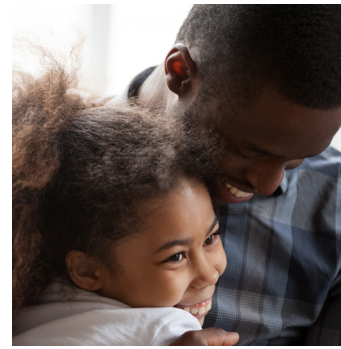
If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

إذا كنت تحتاج إلى نسخة من هذه المعلومات بأي صيغة أو لغة أخرى،
فيرجى الاتصال بأخصائي الرعاية الصحية الخاص بك في أمانة
الصحة الوطنية (Arabic)

Si vous avez besoin d'une copie de ces informations dans un autre format ou dans une autre langue, veuillez contacter votre professionnel de santé au service national des soins médicaux (NHS). (French)

Jeśli potrzebuje Pan(i) kopii tych informacji w innym formacie lub języku, prosimy o kontakt z pracownikiem służby zdrowia. (Polish)

اگر آپ کو ان معلومات کی ایک نقل کسی اور شکل یا زبان میں
چاہیے تو برائے مہربانی ٹرسٹ پر اپنے ہیلتھ کیئر ورکر سے
رابطہ کریں۔ (Urdu)



Perinatal mental health team



Peer support

A short guide

What is a mental health peer support worker?

Mental health PSW (peer support worker) roles are based on direct lived experience of mental health difficulties.

Mental health PSWs can offer emotional and practical support to people going through similar kinds of experiences.

They can use their own lived experience to connect with people and can help you by:

- Giving you a sense of hope and wellbeing
- Supporting you to gain a sense of control over your life
- Helping you engage with, and build connections and a sense of belonging to, your local community
- Helping you gain satisfaction in different parts of your life

Lived experience, and the knowledge gained from that experience, is the foundation of peer support, helping build connections between peer support workers and the people they work with.

Who are we?

We're the perinatal peer support workers

We are a group of mums who all have lived experience of perinatal mental health.

We provide a "peer support" service that accompanies the doctors, practitioners, therapists and nursery nurses within the perinatal team.

We offer 1:1 sessions and group work.

How can a peer support worker help me?

We understand!

As peer support workers we understand what



you are going through and coping with. We know sometimes people can feel isolated and stigmatised and we know about the relief of feeling that you're not the only one.

Our aim is for you to join one of our peer support groups. The group will be in a friendly atmosphere where you will be free to talk, feel less alone, accepted - just how you are, understood and hopefully find some comfort knowing that we have all felt or are feeling the same way.

Ask your practitioner

If you feel you would benefit from peer support and are not already in contact with us, please just ask your practitioner to refer you over to us and one of us will be in touch with you.

We will have a chat and see what kind of support we can offer you.

Why might you work with a peer support worker?

There can be different times you might want to work with a peer support worker. Here are a few reasons why you might want to:

You may feel more comfortable talking to someone who has lived experience of mental health issues and knows how it feels to be under mental health services

It's not uncommon for some people to feel 'patronised' or misunderstood when discussing their mental health issues. Speaking to someone with similar experiences can remove this feeling.

You might want to talk to someone who is on/ has been on medication and how this made them feel.

You could work with a peer support worker in many different ways; whether that's in person, over the phone or in a group setting.

Our wellness packages

We wanted ladies ready for discharge to have something to focus on and new ideas to try so they can take ownership of their own mental health and continued recovery. We see the wellness package as a hand to hold as they step out on their own journey of recovery.

As peer support workers we know how scary leaving the support of a service can be. The wellness package is given with love and care, helping each woman know they are worthy of recovery.

They are made at home and are completely bespoke, tailored to each woman's individual interests, with a handwritten personal gift tag.

They contain: A bundle of pocket size flashcards with self-care tips, meditation and breathing exercises, useful websites and alternative therapies, a pocket-sized journal with an explanation of the benefits of journaling, adult colouring sheets, aromatherapy oil and a crystal.

We deliver the package in person and follow up with a feedback call in one month.

Feedback we received

"It was really important to me that the package was hand delivered and the tag handwritten as it made me feel like a human being and not a patient. It's a brilliant taster of each thing, empowering people to try new things. It has re-ignited my love for alternative therapies and different ways of looking at things."

