

Mums Matter

What is the course?

This is a 12 session course for mums with a child under 3 years old, who are experiencing symptoms of Depression. Postnatal depression symptoms may include feeling down, hopeless or guilty, feelings of not doing “good enough” as a mum and not taking time for own wellbeing. You may be feeling isolated and overwhelmed.

What is CBT?

The idea behind CBT is that what you think and do affects the way you feel. Sometimes people get ‘stuck’ in vicious cycles: the things they do to solve a problem can keep it going. You will find out what is keeping you ‘stuck’ and how to make changes in your thinking and actions to improve how you feel.

Session Topics

Some of the topics we cover include:

- Expectations of Parenthood
- Sleep & Relaxation
- Looking after ourselves
- Anxiety and worry
- Combatting your inner critic
- Self compassion

FAQs

Will I need my webcam on?

This is an interactive course, as we know how beneficial it can be to have a safe space to talk about mental health. We ask you to have webcams on so you can join in during the session. We run a separate webinar for postnatal depression if you would prefer more of an educational format.

Can I have my child with me in the session?

We always recommend trying to arrange childcare during the session if you can, so that you are able to fully engage and get the most out of your treatment. We understand that this is not always possible, particularly with young babies, and our courses are very flexible for your needs.

How many other people will be there?

We usually have up to 6-12 people attending the course.

What if I can't make a session?

Please call **0300790 0542** or email **dhc.bc.s2w@nhs.net** as soon as possible to let us know.

