

Mood Matters Parent and baby programmes

Aware NI have teamed up with the maternity service to deliver their **Mood Matters Parent and Baby programme** to all new and expectant parents.

The Parent and Baby programme teaches you skills and techniques to:

- look after your mental health
- manage your feelings when you are stressed, anxious or depressed
- help you cope with the challenges during and after pregnancy

Delivered 4 times in house between the 2 sites and additional online regionally. Open to all parents.

The programme usually lasts two hours.

How to register Visit **Aware NI**



PIM Pregnancy in Mind

A referral can only be accepted if:
 Between 12 & 26 weeks pregnant
 No active self-harm / suicide attempts during pregnancy
 No hospital treatment in the last 6 months for mental health
 Does not receive a Service from the Community Mental Health Team



PiM Press release
 October 2022.docx

Referrals can be accepted either by telephone or referral form (attached). Or contact nihubadmin@nspcc.org.uk or 028 20441 650



The **Mellow Bumps programme** is available for Mums to be who are 20+ weeks gestation. The aim of the programme is to:

- Support Mum to relax thorough guided mindfulness
- Support bonding with baby pre and post birth and build up that early special relationship with baby.
- learn about their babies physical and brain development
- Prepare themselves for birth of baby and the nurturing of baby in the early years of its life.

More information and referral form are attached. Please forward referrals to: Mellow.Parenting@southerntrust.hscni.net

Links to further dates of Mellow Bumps programmes:

- <https://cypsp.hscni.net/events/mellow-bumps-x-6-weeks-23apr24/>

SHSCT 2024 PROGRAMMES

Can you please share this information with Mums to be and colleagues who come into direct contact with Mums.

More information and referral form:
[Mellow Bumps referral form 2020.doc](#)

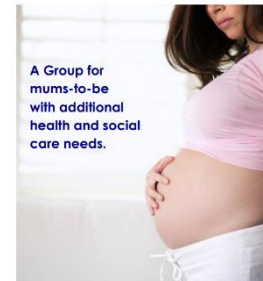


PiM Referral Form.docx

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Solihull online eLearning programmes,

- Can be done in own time.
- **In 85 languages**
- Free with below access course.

Types of courses:

- Antenatal, for labour birth and baby.
- For 0-3 baby
- Primary school children.

Some helpful online resources

For:

Anxiety

Depression and Low mood

Post-traumatic stress

Panic

Social anxiety

Sleeping problems

Bereavement

[Southern Health and Social Care Trust - Self Help Guides \(ntw.nhs.uk\)](#)



