

**NSPCC**

## **Pregnancy in Mind**

service is for pregnant women who are experiencing anxiety and/or depression. We know that pregnancy can be an anxious time for many women and that the current circumstances are likely to be causing additional stress and uncertainty.

We are offering a groupwork programme to be delivered remotely over 6 sessions. The focus is around reducing anxiety/improving mood and providing techniques and strategies to manage this. The groups will be no more than 6 participants and will also give you the opportunity to have virtual contact with other parents to be. There will be a regular phone call with a practitioner in between.

We are also able to offer a one to one service remotely if you are unable to attend the group.

Once you've contacted us a worker will be allocated and they will be in touch to have a chat with you about your needs so they can make sure the sessions offer you the support you need.

Please get in touch to find out how we can offer you support. If a worker isn't immediately available then someone will get back in touch as soon as possible.

**Phone York Service Centre : 01904 232800**  
or email [YSCAdminTeam@york.nspcc.org.uk](mailto:YSCAdminTeam@york.nspcc.org.uk)

*Please leave your name, contact number and email address. Thank you*



"This has really boosted my confidence as the birth approaches as I'm sure my favourite strategies from the PIM sessions will be an enormous help in labour and beyond. I was also really pleased to be introduced to some other pregnant women who are at a similar stage in their pregnancies. The covid19 situation has made it very difficult to connect with other pregnant women. We are keeping in touch via WhatsApp and looking forward to meeting in person once the lockdown lifts!"

"I've found it helpful. I wasn't convinced at first because it was over the phone but it was really helpful. And I really wasn't convinced about the group, but I'm glad I've come as I hadn't realised that I was missing contact with other people"



"I would definitely recommend. I'm glad the service exists. I was struggling with anxiety and I was told there was nothing out there. It was a relief to have someone to talk to and to get support. Even knowing the service was there and waiting for it to start made me feel better. "