

Community Partnerships

Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on

NSPCC

LONDON AND
SOUTH EAST

Pregnancy in Mind

Pregnancy in Mind is a preventative mental health service designed to support parents-to-be who are at risk of or are currently experiencing mild to moderate anxiety or depression during their pregnancy.

It is a group support service, delivered online, where expecting parents can come together and build relationships, knowledge and skills to help manage any difficulties they are experiencing.

The ultimate objective of this service is to build parents' capacity to provide sensitive, responsive care to their babies – and help parents maintain these new skills postnatally and as their children grow.

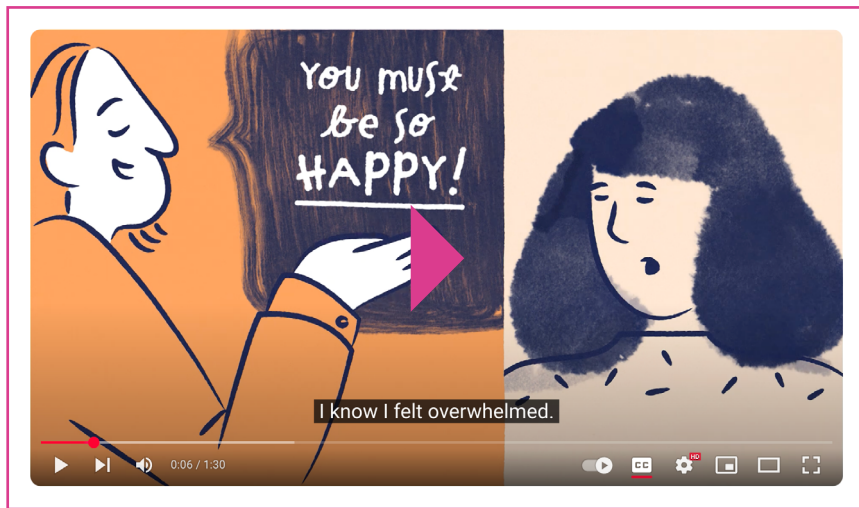
Parents can start the programme between 12 and 26 weeks of pregnancy.

[Pregnancy in Mind website](#)

Pregnancy in Mind

Expecting a baby can cause complicated feelings. Pregnancy in Mind can help.





Pregnancy in Mind

Watch the video about Pregnancy in Mind for further information.

[YouTube video](#)

Contact information:

For further information, or to make a referral

Website: learning.nspcc.org.uk/pregnancy-in-mind

Phone: 0203 772 9905

Email: LondonandSEregionalhubduty@nspcc.org.uk

For help, advice, and information or to share your story

Healthwatch is your health and social care champion.

If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences. We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We also help people to find reliable and trustworthy information and advice



Last year, we helped nearly a million people like you to have your say and get the support you need.



If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead: cheryl.berry@healthwatchwestsussex.co.uk

w: healthwatchwestsussex.co.uk t: 0300 012 0122

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West Sussex