

Dear Setting,

Please find attached, information on this brilliant new project aimed at supporting perinatal mental health. By promoting this service to families that access your setting, women and birthing people will be able to access peer support for mild to moderate mental health difficulties, the programme seeks provides support in a variety of ways:

- **Group sessions at our local children's centres on a Monday and Friday.**
- **1-1 peer support at our local children's centres on a Monday and Friday**
- **Daytime virtual peer support offer via zoom on a Tuesday 10-11am**
- **1-1 support over the phone**



NCT Parents in Mind

- Parents in Mind is a new project launching across East Sussex in autumn 2022
- We train local mums and birthing people to provide sensitive peer support, for those experiencing mild-moderate difficulties with wellbeing during pregnancy, or whilst caring for an under two. Support is provided in one to one and group settings, both face-to-face and virtually.
- The support is talk based, focused on reducing the stigma around mental health issues, normalising difficult parenting experiences & building confidence and social connections. Attending allows clients to see the value in (and be encouraged to prioritise) their own wellbeing, to help facilitate a more fulfilling relationship with their child.

"You can't pour from an empty cup"

East Sussex County Council

nct Parents in mind

Please find attached, the Parents in Mind Overview Presentation and a virtual flyer (hard copies can be provided if helpful, please just shout).

Parents in Mind East Sussex Referral Form Link:

<https://forms.office.com/r/tyCs5EiHf8>

Like more Parents in Mind info?

[Padlet Link for Parents](#)

Kind regards

Nathan Bellamy, Samantha Brown, Karen Martin and Celine Woodthorpe

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Early Help Service 0-19

eastsussex.gov.uk

