

# MENTAL HEALTH SUPPORT FOR PREGNANCY AND NEW PARENTS

SCAN ME



FEELING DOWN? WORRIED ABOUT BIRTH OR  
BRINGING BABY HOME? HAVING DIFFICULTY  
BONDING? EXPERIENCING NEGATIVE THOUGHTS?

## HOW WE CAN HELP

We have a variety of free mental wellbeing support options for pregnancy and new parents.

Contact us today to learn how we can help support you.

For more information and to book your place onto any workshop, scan the QR code, or contact us on the below:

 [talking.turning-point.co.uk/workshops](https://talking.turning-point.co.uk/workshops)

 01924 234 860

 [wakefield.talking@turning-point.co.uk](mailto:wakefield.talking@turning-point.co.uk)

## ALTERNATIVE OPTIONS

We offer a variety of different evidence based treatments which can be delivered on a 1:1 basis via telephone, video or face-to-face and in a group setting.

We also have an interactive online CBT program for perinatal wellbeing, which can be completed at home on your smartphone or tablet.

Contact us to discuss arranging a short assessment to get booked onto one of the groups or to discuss alternative options.

## COURSES

- Managing Low Mood & Anxiety as a Parent
- Wellbeing In Pregnancy

## WORKSHOPS

- Mindful Pregnancy: Coping with Stress & Positive Birth
- Mindful Pregnancy: Managing Anxiety & Connecting With Your Baby
- Managing Stress as a Parent

