



Mums Matter



What is Mums Matter?

Mums Matter is a perinatal service for women who are experiencing mental health problems linked to early motherhood.

It is an eight-week course that has been designed for mums by women with lived experiences of perinatal mental health issues.

What our service provides?

The aim of the Mums Matter service is to support mums to:

- Develop methods to help them to manage their mental health and wellbeing
- Identify tools and strategies to nurture themselves

- Identify and make changes that will nurture and support their wellbeing and have a positive impact on their recovery
- Use calming exercises that draw on a range of relaxation techniques
- Practice techniques that draw on CBT principles to challenge and manage their thought process
- Build peer to peer relationships with other Mums Matter participants

We also offer a creche facility for women who cannot find or are unable to fund childcare during the duration of the Mums Matter programme.

What are the benefits of Mums Matter?

Women without a formal diagnosis are helped quicker than by traditional methods, for example talking therapies, thereby reducing the burden on those services

- The number of women accessing formal primary or secondary care for postnatal services is reduced
- Family members are less effected by postnatal mental health problems
- Partners/supporters can support the mother more effectively
- Women can access other community and statutory mental health services through the knowledge and expertise of Wirral Mind.

Who can access Mums Matter?

Mums aged 18+ living in the Wirral area, who have a child aged between zero and three years old.

How can I make a referral?

Referrals can be made by any professional supporting pregnant women and new mums including Health Visitors, GPs or Midwives.

We also accept self-referrals from new mums who feel that they would benefit from the service.

Contact

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