

PEER MENTORS

In the Perinatal Mental Health Service

Who are we?

We are mums who have used the Perinatal Mental Health Service ourselves in the past. We have had our own struggles through pregnancy, giving birth and becoming a mum and we understand how hard this time can be. We have been where you are now and come out the other side.



What do we do?

Our job is to support you through your recovery, offering you hope that there is light at the end of tunnel. We will be whatever you need us to be, a shoulder to lean on, a friend to chat to or just evidence that you can recover. We have a unique insight into what you are going through and we can help to be a bridge between you and the professionals you are working with.

Why do we need Peer Mentors?

Meeting other parents and social support is important for parents' emotional wellbeing and it protects against poor mental health (Schrader – McMillan et al, 2009). Information can be better received when given by a peer, or someone who has personal experience of similar difficulties as you. According to research, peer mentor programmes can protect against developing postnatal depression, reduce symptoms of stress and relieve loneliness and isolation (Dennis et al, 2009).



What can I expect from a Peer Mentor?

We will arrange to meet you, this could be wherever is easiest for you. We could come to your house, meet at a café and have a coffee or you can come to our office. We can support you in groups or in appointments, we can discuss techniques and skills that have helped us or we can just talk about what we have been through. We will ask you to fill out a questionnaire at the beginning and the end of time together, in order to evaluate our service and ensure that we are as effective as we can be.

Schrader-McMillan A, Barlow J, Redshaw M. 2009. *Birth and beyond: a review of the evidence about antenatal education*. London: Department of Health

Dennis CL, Hodnett E, Kenton L, et al. 2009. Effect of peer support on prevention of postnatal depression among high risk women: multisite randomised controlled trial. *BMJ* 2009;338:a3064.

Who are the Peer Mentors in the Perinatal Team?

There are 2 peer mentors in the Perinatal Team, they are Amy and Becky.

Amy is a mother of 2 young girls who are very close in age and very energetic! Amy works Thursdays and Fridays.

Becky is a mother of 3 young girls who keep her extremely busy! Becky works Tuesdays, Wednesdays and Thursdays.

If you would like to get in touch with us, please phone the Perinatal Mental Health office:

01495 363475

Or feel free to email us:

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pure ♥

You are the most
beautiful thing in
the world to me.

