

NSPCC

Pregnancy in Mind

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

Find space for you.





What is it?

You can join Pregnancy in Mind (PiM) for free group support.

PiM typically meets once a week for eight weeks.

Sessions are for either parent. You can come on your own or bring a support person.

Some PiM groups meet face to face while others meet online.

We'll explore:

- Coping strategies.
- How to understand your mental health.
- Mindfulness and ways to boost your mood.
- Relaxation.
- Connecting with your baby.

Each week, there's a 1-2-1 chat about your wellbeing. You'll be able to highlight any concerns you have. Following each session we'll share resources you can use in your own time.

Once your baby has arrived, there'll be an opportunity for you to meet with the practitioner who runs your group individually to chat and check in on your wellbeing.

You can manage difficult feelings you're experiencing with support from Pregnancy in Mind.