



together we
Cumbria

Maternal Mental Health Support



One to One Support

Meet with our link worker to identify what matters most to you to support your mental and physical health and wellbeing. Following an initial assessment, a collaborative plan will be developed to support you within the community. Our link worker will support you to make connections and gain confidence.



Psycho-educational Groups

We will deliver professionally led groups focusing on supporting mums' mental and physical health with support from trained peer supporters. These groups will have a focus on areas that will support maternal wellbeing such as sleep, eating and mindfulness.



Sling Support

We believe that using a sling or baby carrier can be hugely supportive during the parenting journey, producing physical and mental health benefits for both mum and baby. We are able to offer:

- 3 months free sling hire for babies under 2.
- Support with fit and safety at regular sling meets across Cumbria.
- One to one consultations.

If you would like to make a referral please contact

0808 196 1773

or email

referrals@togetherwe.uk

Contact details if you need more information:

jo@togetherwe.uk

07434838562

Facebook 'Together We CIC - Carry'

www.togetherwecic.uk