



Mind Jersey

Perinatal Peer Support

Mind Jersey offers purposeful 1:1 Peer Support to people experiencing difficulties with their mental health and emotional wellbeing. This can be social, emotional or practical in nature and is led by those who are accessing the service.

What is Perinatal Peer Support?

Perinatal Peer support is when parents use their own experiences to help each other. Designed for expectant parents, new parents and parents of young children who may be experiencing difficulties with their mental health and/or emotional wellbeing. We work with parents alongside other agencies by offering emotional, social and practical support to parents, by parents, with lived experience.

How does Perinatal Peer Support help?

Perinatal Peer Support compliments the care and support of other health services by offering a holistic approach that is flexible and adapts to the needs of the parent and their family. Goals can include: feeling that you have been heard and understood, or dealing better with being unwell (rather than focusing solely on becoming well).

What happens when you get involved?

Much like our other Peer Support Services, you will be matched with a Peer Support Volunteer who has lived experience of Maternal/Paternal mental health challenges. Our volunteers offer their time, sharing and drawing on their own experiences to support other parents on their journey, enabling parents to discover their own strengths to face these challenges more confidently.

**Please get in touch using the details overleaf
or ask your health care professional for a referral**

Contact Us

Please visit us at our accessible,
central location

Mind Jersey

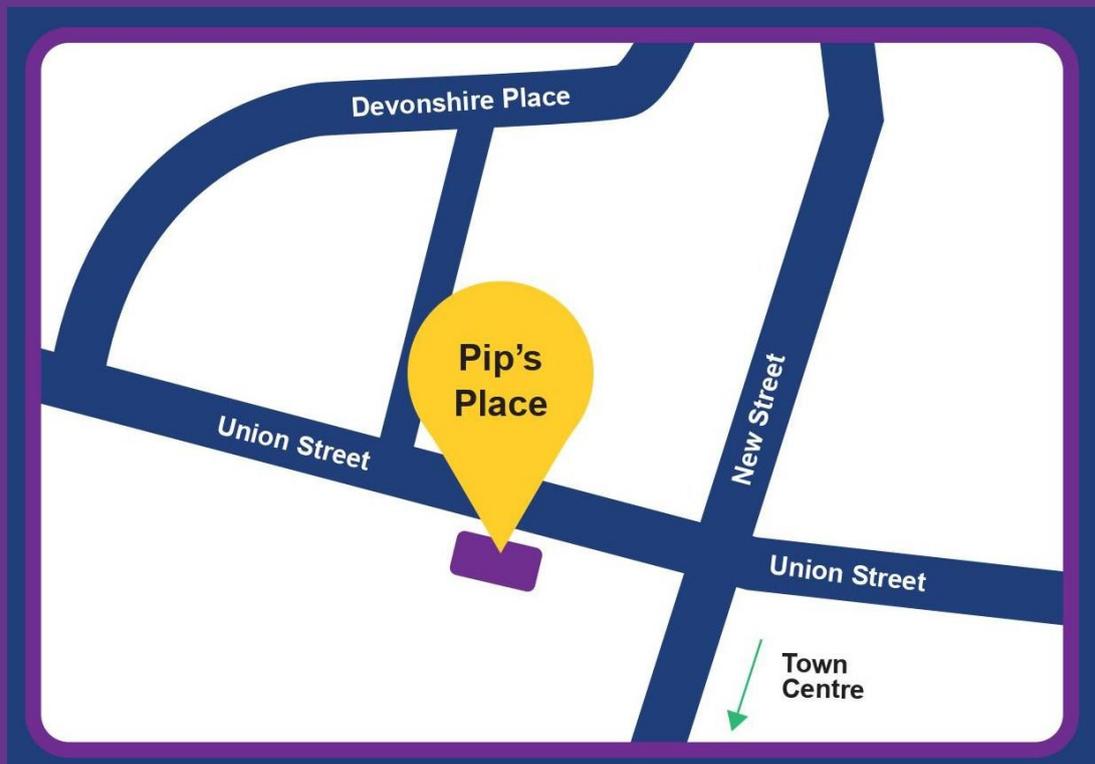
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