



Wellbeing in Motherhood Webinar

Struggling to juggle the demands of being a parent of a baby? Feeling low, stressed or worried? Finding yourself feeling on your own with lots of unanswered questions? Our 8 session workshop might be just what you need!

This interactive online course ('webinar') is a collaboration between Norfolk mental health and health visiting teams who are working together to deliver a workshop covering the basics of how to manage the challenges of parenthood with a baby. The focus of the course is how you can look after your own wellbeing and the positive impact this will have on your baby/child. The course includes:

- Understanding the changes which can happen in motherhood, including emotional changes.
- Simple strategies to improve your mood and reduce anxiety based on cognitive behavioural therapy (CBT)
- Thinking about your baby's needs including their attachment with you.
- Opportunities to confidentially ask questions live to health visitors and psychological therapists
- Information about further support available in the community and via online communities

This is a live online course, which means you can attend in the comfort of your own home, and you can interact with the course facilitators via messaging in real time, at no cost to you. There will be others logging in and watching at the same time, so you can anonymously share ideas and experiences. You can access the course via computer/laptop, tablet or mobile phone, as long as you have standard broadband access. Each session lasts 45 mins, and you will receive a recording of the sessions at the end of each session so you can go back and watch anything you missed, or practice the techniques again.

If you are interested in this course either speak to your Health Visitor, or self-refer to Wellbeing at www.wellbeingnands.co.uk or call 0300 123 1503, indicating that you are interested in the Wellbeing in Motherhood Webinar in the free text box, or when you call. You will be offered an initial 45 minute assessment so that we can discuss with you how things are and options for help and support including this webi-



Wellbeing Norfolk and Waveney is a partnership of NHS and voluntary organisations working together to offer people aged 16 and over with a wide range of support for low mood, anxiety and depression.