

Perinatal Mental Health Awareness Training

Perinatal mental health problems are illnesses that are specifically linked to pregnancy, birth and up to a year afterwards. This includes conditions such as depression, anxiety, PTSD and psychosis and they are known to affect at least 10% of mums.

It improved my confidence & I had moderate knowledge before the course. Now I have good knowledge!

Informative course & the facilitators were approachable & knowledgeable in this subject!

I enjoyed the whole session. It was very informative and sparked great conversation around the subjects!

The sessions below are open to anyone who works with children and families and are free to attend. If you would like more information or to book a place please contact Amy Chilvers on amy.chilvers@nelincs.gov.uk. Please note that places are limited on each session and there will be a charge for non-attendance.

2018 Courses

16th April	Nunsthorpe Family Hub	12:30pm - 4:30pm
16th May	Immingham Family Hub	9:00am - 1:00pm
12th June	Riverside Family Hub	9:00am - 1:00pm