



Mums Matter

An eight week course
designed to support
mums experiencing
mental health challenges

manchestermind.org

 mind | Manchester
for better mental health

...because being a mum is hard enough

This course is to support mums experiencing mental health challenges such as worrying thoughts, anxiety and postnatal depression.

This course will be delivered virtually and each session lasts about two hours. You will collect a range of tools to use in your daily life and prompts to nurture yourself to keep well.

There are two unstructured sessions at the end where you will be able to decide as a group, how to strengthen your social connections as a Mums Matter support group.

A separate additional session has also been designed for people who support you so they can learn how to continue to help.



Contact: Mums Matter Coordinator Carrie Pheasey,
phone 07592 376720, email mumsmatter@manchestermind.org



MANCHESTER
CITY COUNCIL



Manchester Health & Care
Commissioning

A partnership between
Manchester City Council
and NHS Manchester CCG

Mums
Matter