

Mums Matter

Referrers' Leaflet

There's no way
to be a perfect
mother, but a
million ways to
be a good one.

- Mums Matter is a new service
- delivered by Mind in Tower
- Hamlets and Newham to provide
- early intervention care for new
- mums suffering Mild to Moderate
- mental health challenges.
- Look inside for more information
- and how to refer clients.



in Tower Hamlets
and Newham

What is Mums Matter?

Mums Matter is an early intervention service that women can self-refer into or be referred by other professionals. It is an eight-week course that has been designed for mums who are experiencing mental health challenges in the perinatal period.

The course was designed by and for women with lived experiences of perinatal mental health issues and organisations that deliver services for women.



What our service provides?

Mum's will be supported by a local Mind facilitator to develop:

- Methods to help them to manage their everyday mental health
- The awareness and understanding it is ok not to be ok and are able to dispel the myths they are told about motherhood
- Tools and strategies to nurture themselves
- Peer support through the service which continues when the structured sessions end.

Benefits of the service

- Women without a formal diagnosis are helped quicker than by traditional methods, for example, talking therapies thereby reducing the burden on those services
- The number of women accessing formal primary or secondary care for postnatal services is reduced
- Family members are less effected by postnatal mental health problems
- Partners/supporters can support the mother more effectively
- Women can access other community and statutory mental health services through the knowledge and expertise of the local Mind facilitator.

Who can access this service?

Any mum who has become unwell with a mental health problem during the postnatal period over the age of 18.

For more information or to make a referral please contact us at mumsmatter@mithn.org.uk or telephone 020 7510 1081.



The Pilgrim Trust



in Tower Hamlets
and Newham