

Mindful pregnancy course

NHS

South West
Yorkshire Partnership
NHS Foundation Trust



A six week wellbeing course for mums to be

Run by health professionals from midwifery services and psychological wellbeing practitioners, this informal course will help develop your awareness of low mood, anxiety and stress and how to manage these. Sessions will introduce self-help techniques such as challenging negative thoughts, mindfulness and relaxation.

Sessions will also include information about positive birthing and enhancing your baby's emotional wellbeing.

For more information about the course and to book your place please speak to your midwife or refer yourself to the Kirklees & Calderdale IAPT Service by calling **01484 343700**.

This is a partnership between the Kirklees & Calderdale Improving Access to Psychological Therapies (IAPT) Service, part of South West Yorkshire Partnership NHS Foundation Trust, and midwives from Mid Yorkshire Hospitals NHS Trust and Calderdale and Huddersfield NHS Foundation Trust

With **all of us** in mind.

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