



# Mums in Mind

Kingston iCope (IAPT) Psychological Therapies

The transition to motherhood can be a very challenging time with a lot of sudden adjustments. Join our group and learn ways to ease and manage the common difficulties associated with postnatal depression and anxiety.

Sessions are informal and consist of group discussions, in-session exercises and take home exercises.

## When?

On Tuesdays from 10.00-12.00 for 7 weeks. It is delivered on-line on Zoom.

## Who can attend?

The group is for mums who are aged 18+, registered with a GP in the Borough of Kingston who are experiencing symptoms of low mood, anxiety, stress or distress associated with the postnatal period.

## How do I refer?

You can refer yourself via our website, or your GP or health professional can refer you.

Website: [www.kingston.icope.nhs.uk](http://www.kingston.icope.nhs.uk)

Email: [kingston.icope@candi.nhs.uk](mailto:kingston.icope@candi.nhs.uk)

Telephone: 020 3317 7850