

# my plan Bradford



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TOGETHER

The My Plan Perinatal Service is funded with a grant from NHS Charities Together, the national charity partner of the NHS.

We help Women in Bradford who are suffering with perinatal mental health issues as a result of a recent pregnancy or as a result of existing problems that might get worse with an upcoming pregnancy.

We provide specialist support to women living in Bradford experiencing low to moderate perinatal mental health issues, focusing on improving wellbeing and mental health.



## WHAT SUPPORT IS AVAILABLE TO ME?

You will be allocated a friendly Mental Health Worker who will offer one to one support sessions, helping you create a personalised MyPlan to promote and manage wellness during this time.

They can come to your home, meet you in a place of your choice, such as a café or park, or arrange to meet you in our offices. Just let us know what would work best for you.

There will also be an option to get involved with Get Out More and take part in group activities which have a focus on making social connections and enjoying the benefits of nature in the local area.

We can also connect you with a range of services that provide support for:

- Children with Special Education Needs
- Domestic Abuse
- Parenting
- Benefits and debt

To get in touch and make a referral:

**Email** - [myplan@touchstonesupport.org.uk](mailto:myplan@touchstonesupport.org.uk)

**Phone** - Project Manager Katie Hammond 07341866839

## HOW TO ACCESS THIS SUPPORT:

If you are suffering with perinatal mental health issues, or if you know somebody you think would benefit, please get in touch at the details opposite.

To be receive support, people must:

- Live in Bradford
- Be of 18 years or over
- Be experiencing perinatal mental health issues as a result of an existing or planned pregnancy or be within a year of being pregnant.
- YOU DO NOT need a formal diagnosis or referral from a GP

We are particularly interested to hear from you if you have been supporting someone as a volunteer or peer supporter but feel they would benefit from more specialist help.