



Mums Matter Course

What is the course?

This is a 12 session course aimed at mums with a child under 3 years old, who is experiencing symptoms of depression.

Key features of postnatal depression may include feeling down, depressed or hopeless, self-critical thoughts, feelings of not doing "good enough" as a mum, feelings of guilt, not taking time for own wellbeing. You may be feeling isolated and overwhelmed.

What is CBT?

Cognitive Behavioural Therapy involves understanding the link between how we feel, what we are thinking, and how we behave, in certain situations.

CBT is a practical therapy that involves learning about depression and anxiety, and making changes to what we do and how we think, in order to feel better.

Session Topics

- Expectations of Parenthood
- Looking after Ourselves
- Sleep and Relaxation
- What We Say to Ourselves Matters
- Combatting our Inner Critic
- Anxiety and Worry
- Challenging the Belief "I'm a bad mother"
- Self Compassion

Frequently Asked Questions

How many other people will be there?

We usually have between 6-12 people attending the course.

Will I need to have my webcam on?

We understand that the thought of a course can be very anxiety provoking. This is an interactive course, as we know how beneficial it can be to have a safe space to talk about mental health and practice CBT strategies together. Previous attendees have reflected the course helps them to feel less alone, and more positive about their mental health. We therefore ask attendees to have webcams on so they can join in during the session. We run a separate webinar for postnatal depression if you would prefer more of an education format.

Can I have my child with me during the session?

We always recommend trying to arrange childcare during the session if you can, so that you are able to fully engage and get the most out of your treatment. However we understand that this is not always possible, particularly with young babies, and our courses are very flexible for your needs. If you need to pause or mute your camera to feed or change your baby this is no problem. We would ask that older children who may understand what is being spoken about do not attend the session.

What if I can't make a session?

Please call 0300 7900 542 or email dhc.bc.s2w@nhs.net as soon as possible to let us know.



Dorset HealthCare
University
NHS Foundation Trust