

SHEFFIELD WELLBEING AND MENTAL HEALTH RESOURCES AVAILABLE TO WOMEN DURING OR AFTER PREGNANCY

The following are resources available in Sheffield

We have created this resource to help you know about and therefore access the different support services available if you need additional help with your emotional and psychological wellbeing during pregnancy or after birth.

If you need urgent help please contact one of the following:

- **Phone 111 and select the mental health option**
- **Phone Samaritans on 116 123**
- **Text EYUP to 85258**

Sheffield Mental Health Guide

What is it? An accessible website for everyone in Sheffield that provides information about mental health services and resources available to you. Filter your search by types of service or upcoming activities.

Use the subcategories available to find support that meets your needs. For example:

- Women only
- Culturally specific
- Pregnancy and parenting
- Refugees and asylum seekers
- Support group
- Specific mental health condition

You can also sign up for their newsletter via the website. The website has been developed by professionals, members of the public and people who have lived experience of mental health.

How do I access it? Go to <https://www.sheffieldmentalhealth.co.uk/>

Talking Therapies Sheffield

What is it? Providing free NHS talking therapies for stress, anxiety and depression. The team includes psychological wellbeing practitioners, cognitive behavioural psychotherapists and counsellors who will help you find the right support. They offer one-to-one therapies, courses and online programmes.

Who can access it? You must be 18 years or older and registered with a Sheffield GP or under the care of a Sheffield consultant.

How do I access it? You can book an initial assessment with a member of the Talking Therapies team by completing their online self-referral form. The initial assessment is a telephone call and the current waiting period for an initial assessment is two weeks. You may find the self-help resources on their website useful whilst waiting for your appointment.

Website for self-referral form: <https://www.sheffielddtalkingtherapies.nhs.uk/>
Telephone: 0114 226 4380 (Monday to Friday 8:30am - 5pm)
Post a letter to: Sheffield Talking Therapies, Argyll House, 9 Williamson Road, Sheffield, S11 9AR

Sheffield Mind

What is it? Sheffield Mind are a charity providing multiple mental health services in Sheffield. They are based in Sharrow, but work across Sheffield to reach under-represented communities. They offer free wellbeing events, groups counselling and therapy.

Who can access it? Anyone 18 years old and older who is registered with a Sheffield GP and living in Sheffield.

How do I access it? Visit the Sheffield Mind website to see which programmes are accepting self-referrals. Sign up for their newsletter via the website to hear about new support available and ways to meet new people.

Website: <https://www.sheffieldmind.co.uk/>
Telephone: 0114 2584489

Sheffield Mind's Safe Space programme offers trauma-informed therapy for domestic abuse survivors. To access this service email safespace@sheffieldmind.co.uk



Light Peer Support Service

What is it? Light offers peer support groups and 1:1 sessions where you can meet their trained staff, volunteers and others experiencing similar things to yourself. Peer support groups are held weekly at Family Hubs across Sheffield, Rotherham and Doncaster.

The one-to-one buddying programme can help mums, dads and their families by offering personal, tailored support. All trained staff and volunteers that facilitate this programme have their own experience of perinatal mental health illnesses. This support can be face to face, by email, telephone or video call.

Who can access it? Parents and parents-to-be who are struggling with their mental ill health. This can be during pregnancy or up to 2 years after birth.

How do I access it? You can contact Light Peer Support Service without the support of a health or social care professional by completing their online referral form or by email or telephone.

Website: <https://lightpeersupport.org.uk/>

Email: contactus@lightpeersupport.org.uk

Telephone: 0114 438 8962



Roshni Sheffield

What is it? Roshni was established in 1992 to create a safe, women-only, space for South Asian women in Sheffield to come together and improve their wellbeing. Roshni offers bi-lingual and culturally appropriate counselling to all women from South Asian backgrounds, who might otherwise be unable to benefit from counselling. They offer counselling in Urdu, Punjabi and Bengali. The team consists of a counselling coordinator, 3 paid counsellors and two student volunteer counsellors.

How do I access it? Please go to their website and complete the online enquiry form.

Website: <https://www.roshnisheffield.co.uk/>

Telephone: 0114 250 8898 (9:30am - 2:30pm, Monday to Thursday)

Email: admin@roshnisheffield.org.uk

Address: 444 London Road, Sheffield, S2 4HP (9:30am - 2:30pm, Monday to Thursday)



Sheffield Flourish

What is it? Sheffield Flourish is a mental health charity that supports people affected by mental health to use their skills, ideas and talents to build the lives they wish to lead. See their activity schedule here to find art, music, gardening groups and more.

Who can access it? Anyone 18 years old and older living in Sheffield

How do I access it? Visit the Contact Us page on their website for general enquiries. Read more about their groups and find the group schedule at their website.

Website: <https://sheffieldflourish.co.uk/>

Telephone: 0114 273 7009 (9am – 5pm, Monday – Friday)

Email: info@sheffieldflourish.co.uk

Address: Upper Floor 4, Windrush Way, Sheffield, S3 8JU



Parent and Infant Relationship Service (PAIRS)

What is it? A small team of psychologists and psychotherapists who support parents and caregivers so you can build sensitive and nurturing relationships with their babies, as we know this is essential for healthy development. Once they receive a referral from a health or social care professional, one of the PAIRs team will be in touch with you to organise an initial meeting, either in your home or at a nearby Family Hub. With their support you will think about your relationship with your baby and create some goals and a plan to reach them.

Who can access it? Any parent or significant caregiver from pregnancy to 3 years old.

How can I access it? A health or social care professional must make a referral to PAIRS by email or telephone. Contact your midwife, GP or health visitor for their help.

Telephone: 0114 305 3659 & press option 5

Email: scn-tr.pairs@nhs.net



Birth in Mind

What is it? Birth in Mind is an NHS service that offers you a telephone or in person childbirth review appointment with a specialist midwife. This allows you to discuss all aspects of your birth with a midwife, who will listen and provide further information about your experiences. It can help you make sense of how you are feeling, better understand what happened to you and your baby and discuss any implications on future pregnancies.

Who can access it? Anyone that has given birth in Sheffield, Barnsley, Rotherham or Doncaster. If by six weeks after birth you have unresolved feelings, need answers or feel distressed by your birth, please ask your GP or health visitor to make a referral to Birth in Mind.

How do I access it? To book an appointment, ask your midwife, health visitor or GP to refer you to your local Birth in Mind service.

Further information on is available at <https://sybhealthiertogether.nhs.uk/pregnant-women/maternal-mental-health/i-cant-stop-thinking-about-my-birth-experience>



Sheffield Perinatal Mental Health Service

What is it? Offering confidential, non-judgemental care and treatment to mums who experience more serious or complex mental health needs. The service is run in partnership between two local NHS Foundation Trusts and Light, a local peer support charity. The support provided will depend on your individual needs. This could include pre-conceptual advice, specialist mental health assessment or access to a team of specialists including psychologists, psychiatrists, nurses, occupational therapists and peer support workers.

Who can access it??

The service is available to anyone who:

- Is trying to have a baby
- Is pregnant
- Has a child less than 12 months old
- Has previously been diagnosed with a serious or complex mental health problem
- May be developing a serious or complex mental health problem

How do I access this service? A health or social care professional must refer to you Sheffield Perinatal Mental Health Service. Speak to your midwife, GP or health visitor. They can complete the online referral form.

Further information and contact email address can be found on this website -

<https://www.shsc.nhs.uk/services/sheffield-perinatal-mental-health-service>



Jessop Wing Emotional Wellbeing Team

What is it? A small team of specialist midwives that support women who may need additional care around their emotional wellbeing and mental health during pregnancy and in the early postnatal period. They work closely with women to plan and co-ordinate care based on their additional needs. With help from their team some women find it helpful to create an emotional wellbeing plan so that staff caring for them know how to best meet their needs. They can support women with one-to-one phone calls, wellbeing clinics at a nearby Family Hub and by supporting women at hospital appointments.

Who can access it? You must be receiving maternity care in Sheffield.

How do I access it? If you are under the care of a midwife, ask them about the Emotional Wellbeing Team. Your midwife can refer you to access their support and let you know if there is an emotional wellbeing clinic at a Family Hub near you.



Ashiana Sheffield

What is it? A service for Black, Asian, Minority Ethnic and Refugee (BAMER) women, young people and children affected by abuse. They provide practical and emotional support for women fleeing domestic, sexual, mental or emotional abuse. Ashiana Sheffield can support you with personal safety, accommodation, finance, parenting, immigration and asylum, health and more.

Who can access it? Anyone that identifies as BAMER can self-refer to Ashiana Sheffield, including women and children who have no recourse to public funds. Ashiana Sheffield also support women who have experienced or are at risk of forced marriage, female genital mutilation, honour-based violence, human trafficking, gang violence and extreme personal restrictions.

How do I access it? Go to their website to find the full available or range of support. They offer a drop-in service every Tuesday 2pm – 4pm. Phone their helpline for details of upcoming drop ins.

Website: <https://www.ashianasheffield.org/>

Email: info@ashianasheffield.org

Telephone: 0114 255 5740 (9am – 5pm, Monday – Friday)



Sheffield Pregnancy Counselling Support (SPCS)

What is it? A local charity with a specific Christian ethos that welcomes all families, regardless of religion. They offer free and confidential counselling for anyone experiencing unplanned pregnancy who may need further support to assess their options. Their trained volunteers also provide counselling for those who have experienced pregnancy loss. Unbiased information and support is offered face-to-face or online.

Who can access it? All birthing people and their partners who are 18 years old or older

How do I access it? Contact the charity by completing the contact form on their website. All enquiries are responded to within 24 hours.

Website: <https://www.spcsonline.org.uk/>

Email: office@spcsonline.org.uk



No Panic Sheffield

What is it? No Panic Sheffield offers a number of self-help support groups that meet regularly in Sheffield. The groups meet face-to-face or online. Contact No Panic if you wish to attend. There are usually 5 - 12 people in attendance. The groups are based on cognitive behavioural therapy (CBT) techniques that can help manage anxiety.

Who can access it? Anyone 18 years old or older living in Sheffield.

What sessions are available?

- Face-to-face and online session: Weekly on Wednesday evenings (6:30pm - 8pm) at Sheffield Flourish, Windrush Way, S3 8JU
- Face-to-face only session: Weekly on Thursday mornings (10am - 12pm) at SODIT in the SYAC building, Unit 4, The Wicker S3 8JD

How do I access it?

Website: <https://nopanicsheffield.org/>

Email: nopanicsheffield@gmail.com

Telephone: 07505 712 164 (general enquiries)

Helpline: 0300 772 9844 (10am – 10pm, Monday – Sunday)



Steel City Dads

What is it? A community initiative hosted at Zest community centre that support all dads and co-parents. They can support dads experiencing mild to moderate mental health difficulties. They also work with dads and co-parents who are supporting a partner experiencing perinatal mental health difficulties such as miscarriage, child loss or birth trauma. Steel City Dads offers 1-1 support via email, phone, video and face to face sessions as well as peer support groups and workshops.

Who can access it? Dads and co-parents in Sheffield who are over 18 years old and have children from pregnancy until 2 years old.

How do I access it? You can self-refer to Steel City Dads by completing the dad's referral form found at their website and emailing it to Ijaz and Martin at their email below.

Website: <https://www.zestcommunity.co.uk/services/steel-city-dads>

Email: steelcitydads@zestcommunity.co.uk

Telephone: 07792191522 or 07918878972