

Having a child is a big life event, and it's natural to experience a range of emotions and reactions during and after your pregnancy. But if these emotions start to have a negative impact on your daily life, you might be experiencing a perinatal mental health problem. If this happens to you there is help available.

You can [download a leaflet here](#) or a list of community and voluntary services is below:

Belfast Trust

Maternal Advocacy & Support Project (Mas) - www.wrda.net/projects/maternal-advocacy-and-support-project

Windsor Women's Centre Mas - 02890 235451 windsorwomenscentre.com/

Falls Women's Centre Mas - 02890 327672 www.fallswomenscentre.org/

Ballybeen Women's Centre Mas - 02890 481632 www.ballybeenwomenscentre.org/

Ballybeen Women's Centre Young Mums Mas (age 16-25)

The Parent Rooms - 0289538 0404 hello@theparentrooms.co.uk,
www.theparentrooms.co.uk/

South Eastern Trust

Atlas Centre Mas www.atlaswomenscentre.co.uk/

02892 605806

Atlas Centre, Young Mums Mas (age 16-25)

Northern Trust

Mums the Word - Glenravel Community Hub mumstheword2024@hotmail.com

(affiliated with Mas)

Dads Voice
028 25648229
info@turningpointni.co.uk

Southern Trust

Centred Soul, Newry info@centredsoul.co.uk

www.centredsoul.co.uk/

Chrysalis Women's Centre, Mas 028 82622177 (affiliated with Mas)

Homestart Newry & Mourne, 028 3026 6139 (affiliated with Mas)

Recovery college SHSCT

<https://southerntrust.hscni.net/service/support-and-recovery/>

<https://mymentalhealthrecovery.com/>

SHSCT self-help guides

<https://selfhelp.cntw.nhs.uk/organisation/southern-health-and-social-care-trust>

<https://verve-network.co.uk/> Verve SHSCT

www.stepni.org/ STEP Dungannon

<https://viawings.co.uk/> community support for social isolated/ counselling and wellbeing services

Western Trust

Women Centre Derry, Mas - 028 71267672 www.thewomenscentre.co.uk/

Strathfoyle Women's Activity Group, Mas - 028 71860733

Minding Mum, Waterside

Christine McBride

Minding Mum Project Administrator
Waterside Neighbourhood Partnership
Shared Future Centre

Derry Londonderry
BT4 72D
T:02871342959

Minding Mammy Mental Health Programme, Derry Well Women - 028 71360777
www.derrywellwoman.org/

Support2gether, Omagh <https://support2gether.com/>
028 8262217

Mindwise Mums Wellness Project - Enniskillen
Fermanagh House, Broadmeadow Place, Enniskillen, Co Fermanagh, BT74 7HR
Rosie Keaney
Wellness Development Manager
07773 220818
Rosie.keaney@mindwisenv.org

Regional

www.links counselling.com/ Links counselling service (Northern & Western HSC Trust Areas)

www.app-network.org/ Action on Postpartum psychosis. There is a monthly online peer support group, email: app@app-network.org or reserve your place here.

<https://aware-ni.org/> AWARE NI

www.cause.org.uk/ Cause carers support

www.birthwise.org.uk/

<https://cypsp.hscni.net/family-support-hubs/> Family support hubs

<https://cypsp.hscni.net/ebpp/> CYPSP parent support

www.nidirect.gov.uk/ articles/sure-start-services

www.home-start.org.uk/pages/category/home-start-northern-ireland

<https://baby-basics.org.uk/locations> practical support for baby and toddler items.

[Perinatal Mental Health Symptom Checker](#) - a resource designed to help new and expectant parents, and those around them, identify the signs of common and lesser-known perinatal mental health conditions.

MMHA Information Centre - online hub for parents, families, and friends which offers:

- Clear, reliable information about perinatal mental health
- Bitesize videos from Tessa van der Vord (@**mentalhealth_midwife**)
- Signposting to NHS and MMHA member support services.

All content has been developed with invaluable input from women with lived experience and clinical experts.

[For more information access Perinatal Mental Health page | HSC Public Health Agency](#)

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