

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](http://www.wrda.net/projects/maternal-advocacy-and-support-project)

Windsor Women's Centre Mas – 02890 235451 [windsorwomenscentre.com/](http://windsorwomenscentre.com/)

Falls Women's Centre Mas – 02890 327672 [www.fallswomenscentre.org/](http://www.fallswomenscentre.org/)

Ballybeen Women's Centre Mas – 02890 481632 [www.ballybeenwomenscentre.org/](http://www.ballybeenwomenscentre.org/)

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

The Parent Rooms – 0289538 0404 [hello@theparentrooms.co.uk](mailto:hello@theparentrooms.co.uk)

[www.theparentrooms.co.uk/](http://www.theparentrooms.co.uk/)

### **South Eastern Trust**

Atlas Centre Mas [www.atlaswomenscentre.co.uk/](http://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](mailto:mumstheword2024@hotmail.com)

(affiliated with Mas)

Dads Voice  
028 25648229  
[info@turningpointni.co.uk](mailto:info@turningpointni.co.uk)

## **Southern Trust**

Centred Soul, Newry [info@centredsoul.co.uk](mailto:info@centredsoul.co.uk)

[www.centredsoul.co.uk/](http://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/](http://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/](http://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/](http://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](mailto:Rosie.keaney@mindwisenv.org)

## **Regional**

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

[www.app-network.org/](http://www.app-network.org/) Action on Postpartum psychosis. There is a monthly online peer support group.

Email: [app@app-network.org](mailto:app@app-network.org) or reserve your place here.

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

[www.cause.org.uk/](http://www.cause.org.uk/) Cause carers support

[www.birthwise.org.uk/](http://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/](http://www.nidirect.gov.uk/articles/sure-start-services) articles/sure-start-services

[www.home-start.org.uk/pages/category/home-start-northern-ireland](http://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.

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