

HEALTHY MINDS THRIVE PROJECT

WHO ARE WE?

Our service provides support to parents and carers from birth up until your child turns 2 years old.

Many parents experience:

- Isolation
- Low mood and anxiety
- Worries around bonding with baby.
- Shame about having these feelings.



WHAT DO WE DO?



Our service offers a range of support depending on the need. We are an accessible community based service, and we offer home visits. We run:

- 1-1 sessions.
- Groups.
- Whole family support.
- Support you to access other relevant services.

HOW CAN THIS HELP YOU?

- Increase parental confidence.
- Reduce stress and low mood.
- Feel less isolated.
- Bond with baby.
- Normalise your experiences!



WHERE TO FIND US:



Find us at your local children centres across Southwark:

- Rye Oak
- Dulwich Wood
- 1st Place Family Hub
- Pilgrim's Way

You can self-refer or ask any other professionals supporting you to refer/contact us.

You can email:
healthymindsthive@southwark.gov.uk