

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 07/01/2019
Review date: 07/01/2021
Ref: WHO&D/ClinHeaPsych/PEWBW/01

© Whittington Health
Please recycle

PSYCHO-EDUCATIONAL WELL-BEING WORKSHOP

**An opportunity to better
understand your mental
health and well-being during
pregnancy and beyond**



The workshop will **prepare** you for your individual therapy with one of our psychologists and will be an opportunity to receive information related to following topics:

Anxiety

Depression

Being “good enough”

Sleep during pregnancy and beyond

Preparing for birth

Therapeutic Yoga skills

The workshops will be held at

**Whittington Health
Parent Craft room
5th Floor
Magdala Avenue
London N19 5NF**

**On the following Tuesdays at
9:30 -12:00am**

**29th Jan, 26th Feb, 26th March,
23rd April, 28th May, 25th June,
30th July, 24th Sep,
29th Oct, 26th Nov, 31st Dec**



With hot drinks and snacks!

Psycho-Educational Workshop is an opportunity to:

- receive **information** about the psychology behind different topics related to mental health & wellbeing during pregnancy
- understand** better your own experience, feelings and worries
- get practical tips and **strategies** on how to manage everyday stresses and strains

Who is this group for?

Pregnant women, booked-in at Whittington Hospital, who have been referred to Women's Health Psychology team, are **expected to attend one workshop** (which covers all the topics mentioned) before they begin their individual therapy.

What will happen next?

Once you have had your initial assessment you will be contacted by our team to **book a place** on the workshop on one of the coming Tuesdays.

Once you have attended this workshop you will be ready for your individual therapy starting as soon as there is availability

Women's Health Psychology Team

Phone: 020 7527 1538

Email: cim-tr.my-time@nhs.net