

**Have you been pregnant in the last 2 years?**

**Are you interested in developing mental health services for women during or after pregnancy?**

**We'd like to speak to people who have been affected by mental health conditions during or after pregnancy – either in a group or one to one**

### **What's this all about?**

We know we need to improve support for women and their families who may be affected by mental health conditions during or after pregnancy. At the moment, we are not providing the level of support that we would like in south west London.

We are applying for funding to change this – and would like your support to develop the work.

Your views will help us to improve our services. We would like to know more about what support you think women might need; where they might want to access the service; what it should look like and how they could find out about it.

### **Why should I get involved?**

- It will help us to develop the best services for local women
- You'll receive a £30 voucher to say thanks and be reimbursed for any out of pocket expenses
- It will take less than 3 hours of your time

### **Who can get involved?**

- Women who have had a baby within the last 2 years or who are currently pregnant and are interested in this service
- People who have been affected by mental health conditions during or after pregnancy (including parents and carers)
- People who live in south west London – in the boroughs of Croydon, Kingston, Merton, Sutton, Richmond or Wandsworth

### **When will this happen?**

- We will be running a group discussion on the **14th August from 12-2** in Room 6.2 120 The Broadway [Wimbledon](#), SW19 1RH. (lunch provided)
- If you would rather speak to us on an individual basis, we are happy to arrange this at a convenient time in August.

### **To find out more...**

If this is something you would like to get involved with, please contact:

**Clare Thomas** - Engagement Manager [clare.thomas@swlondon.nhs.uk](mailto:clare.thomas@swlondon.nhs.uk) 0203 458 5231