



# AWARE MOOD MATTERS PARENT AND BABY PROGRAMME

**Mood Matters Parent and Baby is a mental health awareness programme for expectant parents and parents of young babies. It is delivered in community and other appropriate settings.**

## Learning Outcomes

This programme teaches you skills and techniques to look after your mental health, manage your feelings when you are stressed, worried or depressed and help you cope with challenges in your life. It can also help you look after your baby's mental wellbeing and give him or her the best start in life.

**Duration:** 1 – 2 hours.

## Course Content

- What is mental health?
- Things that affect our mental health
- Mental health problems and mental illness during and after pregnancy
- Looking after the mental health of you and your baby
- Sources of help

“Our young mums got so much out of this programme, and it has opened up some really important discussions about why it is so important that they seek help early and look after their own mental health.”

Jayne, Belfast

## How to apply

**For more information and to find out how to apply, please visit the AWARE website**

**[www.aware-ni.org](http://www.aware-ni.org) or email [training@aware-ni.org](mailto:training@aware-ni.org)**

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