



SilverCloud

Space for Perinatal Wellbeing

[EN-GB, EN-US]

Up to 20% of women^[1] and up to 15% of men^[2] experience mental health difficulties during pregnancy or within a year of giving birth.



This programme focuses on supporting you during the time you are experiencing or may be at risk of experiencing low mood or worry during the perinatal period (during pregnancy, up until a year after birth).

Using Cognitive Behavioural Therapy (CBT), you can learn to better understand your thoughts, feelings, and behaviours, and learn how to make positive changes that will improve your wellbeing during the perinatal period.



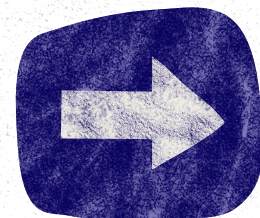
Normalising Emotions

You will learn to better understand the perinatal period and the possible changes you may be experiencing in your thoughts, emotions, physical sensations, and behaviours, as well as how common these changes are in both men and women. You will also gain an understanding of the process and an appreciation of the time it takes to feel better and improve your wellbeing.



Positive Communication

You will learn about the importance of seeking help, setting goals, and self-care. Using CBT and Progressive Muscle Relaxation (PMR), you will discover ways to reduce tension, worry, and improve mood. You will also be introduced to strategies which will allow you to recognise and reflect on your mental health. You will be encouraged to familiarise yourself with the impact your diet, exercise, caffeine, and alcohol intake, may be having on how you are feeling. As sleep difficulties can be very common during this time, you will also learn how to build and personalise healthy sleep habits.



Moving Ahead

You will be encouraged to become more active, participating in activities you may have been avoiding, gradually building a healthier routine. You will walk away with skills and techniques which help you to face your fears, and better manage your triggers and warning signs. You will also be encouraged to build a strong support network and seek help when needed, for long-lasting results.

Who Should Consider Taking This Programme?

Expecting and new parents looking for support with symptoms of worry or low mood, as well as help with sleep difficulties.



Cognitive Behavioural Therapy

With CBT, you will better understand your thoughts, feelings, and behaviours and learn how to make positive changes – proven to reduce symptoms and better manage your mental health and wellbeing. You will walk away with the tools to better manage your mental health now and in the future.

Supported Programme

Throughout this programme you will work with a supporter to personalise your experience, helping you to reach your goals by providing weekly encouragement and ongoing motivation.

Tools

Progressive Muscle Relaxation (PMR)

CBT Cycle

Worry Tree

Breathing Exercises

Bedtime Routine List

White Noise Audio

Activity Scheduling Tool

References

1 - 'Perinatal mental health' (2019), NHS

2 - "Fathers' views and experiences of their own mental health during pregnancy and the first postnatal year: a qualitative interview study of men participating in the UK Born and Bred in Yorkshire (BaBY) cohort" (2017), BMC

