

As a new mum I said...

**"I'm Fine"**

When I meant **"SOMEONE HELP ME... my life depends on it"**

**Your work brings you into contact with new mums and their babies. From time to time you will see a pregnant or new mother who is concerned or others are concerned about her mental health.**

Perinatal mental health problems are constantly in the top 3 causes of maternal death. Mental illness in a mother has implications for her, her baby and her wider family and yet commonly when a woman in difficulty sees a health professional she minimises or denies problems - often due to shame, fear, guilt and hopelessness. Time and again women say "I'm Fine" when the reality is very different.

"I'm Fine" training gives front line staff a methodical system to gather information, assess risk and to make an informed decision with a woman about next steps.

Suitable for:

- Primary care
- Mental health staff
- Maternity services
- Health visiting services
- Ambulance staff
- Police
- Social care
- Emergency department staff
- Third sector
- Neonatal staff

**Thursday 22nd June 2017**

Saltash (China Fleet Country Club)

**Wednesday 28th June 2017**

Exeter (Exeter Racecourse)

**Friday 30th June 2017**

Bristol (Bristol Pavillions)

**10am – 4.30pm**

(registration from 9.30am)

**Further details:**

For more information or to book your place please email:  
[dpt.perinatalevents@nhs.net](mailto:dpt.perinatalevents@nhs.net)

It is a funded course so there is no charge to delegates or to organisations.