



Post Birth Wellbeing Plan



Connecting for Life
Cork and Kerry



Acknowledgments

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Introduction

It's likely that you received this workbook because you're expecting a baby or have recently given birth. Congratulations!

While becoming a mother can be a time of great joy, it can also be a time of huge change. After birth, your new baby usually becomes the sole focus of your attention. However, you also need care and support during this time. Remembering yourself and your own self-care is important for your wellbeing, and for that of your baby.

This workbook encourages you to think about and name some useful things (and people) that can help you adjust to your new role as a mother.

It is designed to help you to prepare for post birth (the time after your baby is born), but many of the suggestions around self-care and wellbeing are just as useful during pregnancy. The section on mental health difficulties may also help you during this time. Mental health difficulties in pregnancy can continue after birth, so if you feel you need support, please speak to your GP, your Midwife, or your Obstetrician. Getting help early gives you and your baby the best start on your journey together.

Remember, your needs matter too!



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1. General Wellbeing Plan

Nutrition



One of the most important things you can do for your wellbeing is to eat well. It's especially important to get good nutrition during the postpartum period (the time after birth). When we talk about nutrition, we don't mean dieting. We're talking about food that is nourishing and provides what you need to keep your body well. When babies arrive, we can focus so much on their feeding and other needs that we forget to look after our own. It can be hard to find the time to shop, and to make nutritious food. But it's important to mind your body. After all, it has worked so hard during pregnancy and continues to work hard in those weeks and months after birth.

Cooking and freezing meals before your baby arrives can be helpful. List some meals that you enjoy and would freeze well.



Friends and family can help out by agreeing to cook some meals for you before (to freeze) or after your baby arrives. List some people who you can ask to do this.

BEFORE:

AFTER:



Think about your favourite store cupboard essentials (foods with a long shelf life) that you can easily make into simple, nutritious meals or snacks. You can stock up on these handy foods before the baby arrives. List some items below.

Friends or family members could help with food shopping after the baby arrives. List some people you can ask to help.

It's very important that you look after yourself as well as your baby, and friends and family are often happy to assist. So ask for help to prepare food while you're caring for your baby, or let someone else look after your baby so you can take the time to care for yourself.



Exercise



As a new mother, you may feel that caring for your baby leaves you very little spare time or energy to involve movement or exercise in your day. Movement plays an essential role in our wellbeing: it helps to reduce aches and pains, improves our mood, lowers anxiety, and helps us feel connected to ourselves and to others. It also helps you to physically recover after pregnancy and delivery. So try to make movement an essential part of your day during pregnancy and after your baby is born. Remember, ***‘Motion is Lotion’ for the body and soul!***

What type of movement or exercise do you enjoy that might fit in with your lifestyle when you have your baby?

Think about activities you like doing or might like to try, both with your baby and without your baby. Identify local places that you might like to go and people you might enjoy sharing these activities with.

(a) With your baby
(eg: Buggy walking/
in the park/with my neighbour)
Type of activities, where,
and with who:

(b) Without your baby
(eg: Dance class/local community
centre/friend). Type of activities,
where, and with who:

Do you know the recommended
Guideline Timescales for returning
to activity after having a baby?

**Gentle Abdominal and pelvic floor
exercise?**

**Pilates/Yoga after a caesarean
delivery?**

You can find this information in the **POGP Patient Information Leaflets** and **Return to Running Guidelines**, which you can find in the supports and services section at the back of this workbook. These are all guidelines – don't feel under pressure to do too much, too soon. Remember, everyday movement like walking, light housework, and gentle stretching is the starting point. A good way to start connecting to your pelvic muscles (both before and after having your baby) is with simple diaphragmatic (belly) breathing. This can help you feel calm and rested, and also help activate your abdominal and pelvic floor muscles. **Remember, ‘Pace it don't Race it!’** Be careful with higher impact activities for up to 6 months after birth due to the hormonal effects on the joints and ligaments. If you have any health concerns or symptoms during movement, like bladder weakness or pain in your pelvis, please seek advice from your GP, maternity care provider or health care professional.

Sleep



Sleep is an important part of your mental health and wellbeing. After the birth of your baby, you will need time to recover physically and emotionally from your labour and birth experience. Your new baby will also be getting used to the world, waking up often during the night to be fed and soothed. It's likely that after the birth of your baby, you will experience sleep deprivation. So it's important to try to prioritise your sleep. Aim to have a couple of hours of sleep in a row as often as possible. Try to sleep or rest while your baby is sleeping.

A key part of the solution is to recognise the importance of sleep for your mental health and give yourself permission to ask for help. You do not need to do it all.

Caring for yourself helps you to care for your baby.

Are there ways that you can get a few hours of uninterrupted sleep in a row? (e.g., having your partner or a relative take baby for a walk).

Where can you get good information about baby's sleep or your own if you need it? (e.g., GP, Pediatrician, online – mychild.ie, etc.)

Friends or family can help by staying over with you if you feel you need to get some extra sleep or just some extra support. List some people who you can ask to do this.

Can you name some mams who you can go to for support around sleep?



Time for Self

Getting time for yourself after your baby arrives is essential to your wellbeing. This is a time of huge change as you adjust to your role as a new mother. **It's easy to forget about your own wellbeing.** However, the better you care for yourself, the better you'll be able to care for your baby. Trying to have some time away from your baby to do things for yourself is important. It can help you to feel like yourself again. Of course, the things you choose to do may be different to what you did before you became a mother but that's OK. **The important thing is to find what works for you.**

What are some of the ways that you like to rest and recharge (e.g., read a book, watch a TV show)?

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Activities that you enjoy and can do alone (e.g., walking, cycling, photography, drawing).

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Activities you like to do with friends.

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Mini self-care activities: things you can do at home that don't need organising (e.g., taking a shower, painting my nails, breathing exercises, message or phone a friend).

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Self-care activities that are out of the house without your baby (e.g., night away, cinema, meeting with a friend).

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2.

Emotional Wellness Resources



Some women may experience difficulties with their mental health in pregnancy and after birth. Knowing what to look out for and where to get help if you need it is important.

The good news is that most mental health issues that happen during this time can be successfully treated with the right support and/or intervention.



Baby Blues vs. Postpartum Depression

Baby blues are common in the first couple of weeks after the birth of your baby. However, if your symptoms continue for more than one month, you may be experiencing postpartum depression. Up to 1 in 7 mothers experience postpartum depression. It's easily treated, so it's important to seek help as soon as possible to ensure that you and your baby get off to the best start together.

SIGNS OF THE BABY BLUES

- ☐ Crying easily
- ☐ Feeling sad or anxious
- ☐ Feeling overwhelmed
- ☐ Mood swings
- ☐ Appetite problems
- ☐ Difficulty sleeping
- ☐ Usually lasts 1-3 weeks

SIGNS OF POSTPARTUM DEPRESSION

- ☐ Low mood
- ☐ Loss of motivation/interest
- ☐ Loss of pleasure in things you enjoy
- ☐ Crying easily
- ☐ Fear that you're not a good enough mother
- ☐ Not feeling connected to your baby
- ☐ Anger/irritability
- ☐ Difficulty concentrating
- ☐ Feelings of guilt, worthlessness
- ☐ Difficulty making decisions
- ☐ Hopelessness for future
- ☐ Thoughts of harming yourself or your baby
- ☐ Difficulty sleeping, even when your baby is asleep



Normal New Mam Worry vs. Postpartum Anxiety

Some anxiety is normal, particularly in the early days and weeks after birth as you adjust to being a new mother and get to know your new baby. You may worry about harm coming to the baby, about feeding/sleeping routines, managing competing demands (other children/household, etc.), being a 'good enough' mother. However, if this anxiety causes you a lot of distress and interferes with your ability to cope day to day, then you may need some extra help. This can happen for 6% of pregnant women and up to 10% of postpartum women. With the right help, anxiety can be easily and successfully treated.

SYMPTOMS OF POSTPARTUM ANXIETY INCLUDE:

- ☐ Constant worry
- ☐ Panic
- ☐ Feeling 'on edge', as if something bad is going to happen
- ☐ Racing thoughts
- ☐ Inability to sit still
- ☐ Disturbances in sleep/appetite
- ☐ Physical symptoms (such as heaviness on chest, difficulty breathing, sweating, or nausea)



Birth Trauma

The birth of your baby may not happen the way you planned or wished for. Parts of the labour and birth experience may be traumatic for some women: intense or poorly controlled pain, emergency medical intervention, physical injury. The care and support you receive from maternity staff during this time is very important. It's important to know that your experience of trauma is based on how you feel about your birth experience, not on the outcome of the birth.

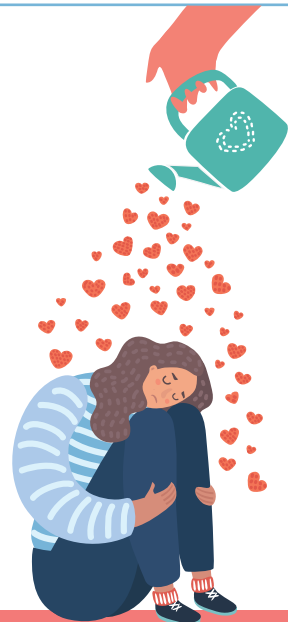
A traumatic birth can lead to feelings of disappointment, anger, or sadness. You may need support to talk through these feelings. For approximately 3% of mothers, a traumatic birth may contribute to post-traumatic stress disorder. If you are experiencing symptoms of PTSD, please seek treatment as soon as you can so that you can begin to recover.

SYMPTOMS OF POST-TRAUMATIC STRESS INCLUDE:

- ☐ Intrusive memories/flashbacks/nightmares about the birth
- ☐ Avoidance of thinking or talking to others about the birth experience
- ☐ Feeling of heightened anxiety/being on edge/irritable
- ☐ Hypervigilance about baby – constantly checking on baby to make sure they're still breathing, unable to leave baby even for short periods
- ☐ Low mood, tearfulness that lasts beyond 2-3 weeks postpartum

BIRTH REFLECTION SERVICE

A *Birth Reflection Service* is a listening service for women who have recently given birth. This service gives you an opportunity to talk through your birth experience. It helps you gain a clear picture of what happened during labour by providing factual information, and provides a space for you to work through your feelings/emotional experience. If you feel this service may be useful, please ask your maternity care providers if it's available at your maternity hospital.



Intrusive Thoughts

Intrusive thoughts are unwanted thoughts that pop into your mind out of the blue and cause discomfort or distress. Everyone experiences intrusive thoughts occasionally. These kinds of thoughts are common in the time after birth, especially if you suffer from anxiety or depression. The thoughts usually involve harm coming to you, your baby, or a loved one. At times, these thoughts may be accompanied by compulsive behaviours, such as checking or avoiding things that trigger the thoughts.

TYPES OF INTRUSIVE THOUGHTS

- Harming yourself
- Harming your baby/partner (e.g., accidentally dropping the baby down the stairs)
- Intrusive sexual thoughts (e.g., doing something sexually inappropriate when changing your baby's nappy)

MYTHS ABOUT INTRUSIVE THOUGHTS

- ✗ All thoughts are meaningful
- ✗ Intrusive thoughts are a reflection of your wishes/desires
- ✗ An intrusive thought will lead to an action
- ✗ You are the only person that has these thoughts
- ✗ Intrusive thoughts mean you are a 'bad person'
- ✗ Intrusive thoughts mean you are 'going crazy'

WAYS TO COPE

- » Talk about the thoughts with someone you trust—maybe a friend, family member or a health professional
- » Understand thoughts as random mental events, not intentions or desires
- » Avoid trying to stop the thoughts or push them away. If you can, just note the thoughts as random mental events. In this way, they will usually pass more quickly
- » Avoid thinking about what the thoughts say about you
- » Expect the thoughts may happen again
- » Remember, intrusive thoughts are automatic – they just happen



Getting Help

Where to get help if you need support with Postpartum Depression, Postpartum Anxiety, Post-traumatic Stress, or Intrusive Thoughts.

If you feel you need extra support, please talk to a family member or friend and speak to any of the professionals below (include their name and contact details if you know them):

Your GP

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Your Public Health Nurse

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Your Midwife

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Your Obstetrician

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(Please see the list of supports and services at the back of this workbook for additional sources of support).





Emotional Wellbeing Plan

It's important to know the signs that you may be experiencing a mental health difficulty. If you feel that you're struggling, it is important that you talk to someone and seek help as soon as possible. Once you get the right help, you will recover and get back on track in your relationship with your new baby.

What are the warning signs for you that you're not feeling like yourself and you need extra support?

If you've experienced mental health difficulties in the past, you may be familiar with these signs. List them below.

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What family members or friends do you feel comfortable talking to if you're struggling emotionally?

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What services or supports can you access if you need some extra support? *(include phone numbers)*

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Who are the people (services or family/friends)' you can reach out to in a crisis? *(include phone numbers)*

GP

Emergency Department

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Know the Signs

- ☐ *I don't feel like myself*
- ☐ *I feel disconnected from everyone*
- ☐ *The things that I used to enjoy don't make me happy*
- ☐ *I feel like something is wrong*
- ☐ *I don't feel a connection with my baby*
- ☐ *I can't stop worrying*

If you can't recognise these signs in yourself, your partner, a close family member, or a friend might. Share this list and ask them to tell you if they see any.



3.

Supports and Services

3. Supports and Services

Your General Practitioner

Your GP can offer a range of supports, and can refer you to specialist services if required. Visit: www2.hse.ie/services/find-a-gp to find your local GP.

Your HSE Public Health Nurse (PHN)

The Public Health Nurse (PHN) will visit within 72 hours of discharge from hospital following the birth of your baby to assess mothers wellbeing, providing support and advice on feeding baby including breast feeding, sleep, safety and all baby and mother care. They also provide child development assessments, health promotion and parenting information.

Local Primary Care Centre details are available here:
www2.hse.ie/services/primary-care-centres/

Specialist Perinatal Mental Health Services (SPMHS)

This service provides assessment and treatment to women who have pre-existing or new onset mental health difficulties during the perinatal period (pregnancy and postnatal).

The service provides support for those experiencing mental health difficulties. Depression and anxiety are the most common mental health problems during this time. Your Obstetrician, Midwife or GP can refer you.

For more information visit: www.hse.ie/eng/services/list/4/mental-health-services/specialist-perinatal-mental-health/

Women and Infant Health Hub Information on postnatal care for you and your baby
Multidisciplinary postnatal care hubs to support the health and wellbeing of you and your baby. You can find out more from your midwife, PHN or your GP

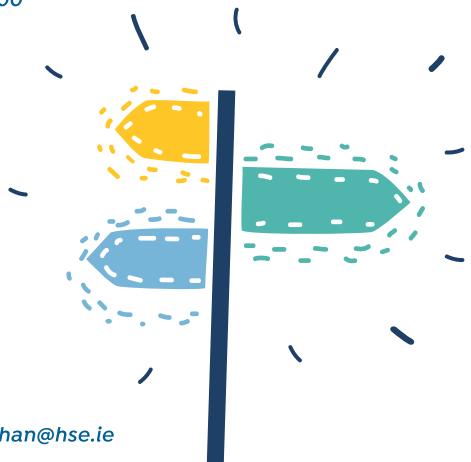
Cork University Maternity Hospital **Tel: 021 4920500**
Web: irelandsouthwid.cumh.hse.ie/

University Hospital Kerry **Tel: 066 7184000**
Web: irelandsouthwid.cumh.hse.ie/university-hospital-kerry/

Perinatal Mental Health Midwife

There is a perinatal mental health midwife available in Cork University Maternity Hospital and University Hospital Kerry. They offer a specialist service including mental health assessment and support for mild to moderate symptoms of anxiety, depression and birth trauma etc. They can link you to the specialist team if needed.

CUMH: **Tel: 021 4234335** / UHK: **Email: zodwa.lenihan@hse.ie**



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Counselling and Psychotherapy

The HSE National Counselling Service is available across the South West. Counselling is available in person, by phone or by online video.
visit: www2.hse.ie/mental-health/services-support/supports-services/.

Alternatively, to find a private qualified clinical/counselling psychologist in your area visit: www.psychologicalsociety.ie and for private counsellors or psychotherapists go to www.iacp.ie or www.iahp.ie.

Birth Reflection Service – CUMH

The Birth Reflection Service is a listening service for women who have given birth, or or are planning to give birth at CUMH.:

www.irelandsouthwid.cumh.hse.ie/support-services/birth-reflections-service/

Email: CUMH.birthreflection@hse.ie

Féileacáin

Féileacáin is dedicated to supporting those affected by the loss of a baby. We provide personal, emotional and practical support to bereaved parents and their families, whenever they need it.

Web: feileacain.ie/ | Phone: 085 249 6464 | 028 51301

Mellow Bumps Parenting Programme – UHK

The mellow bumps parenting programme is designed to promote sensitive parenting with an aim to improve parental-infant attachment and bonding. Maternal mental health issues are addressed while promoting development of better relationships between parent and child.

Contact : zodwa.lenihan@hse.ie | Web: www.mellowparenting.org/

Family Resource Centres:

Family and Community Resource Centres operate throughout the South West using a community-based approach to family support. Your local FRC can provide you with access to parenting support, group and social activities for you and your baby as well as low cost counselling.

visit: www.familyresource.ie/ for more information on what is available in your area.

» Torc Community & Family Resource Centre:
Ballyspillane Estate, Killarney, Co Kerry
Phone: 064 6635589 | Email: info@torccfrc.ie

» BUDS Family Resource Centre:
Benmore, Ballyduff, Tralee, Co Kerry
Phone: 066 7148883 | Email: budsfrc2016@gmail.com

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- » Duagh Family Resource Centre:
Duagh Village, Listowel, Co Kerry
Phone: 068 45333 | Email:
- » Shanakill Family Resource Centre,
Shanakill, Monavalley, Tralee, Co Kerry
Phone: 066 7127831 | Email: info@shanakillfamilyresourcecentre.com.ie
- » Kerryhead/Ballyheigue Family Resource Centre;
Sraid Thaidhg, Ballyheigue, Co Kerry
Phone: 066 716961 | Email: ballyheiguefrc@gmail.com
- » Killorglin Family Resource Centre,
39, Iveragh Park, Killorglin, Co Kerry
Phone 066 9762933 | Email: killorglinfamilycentre@gmail.com
- » Listowel Family Resource Centre,
Ballygologue, John B Keane Road, Listowel, Co Kerry
Phone: 068 23584 | Email: lifamilycentre@gmail.com
- » Castlemaine Family Resource Centre,
Tralee Road, Castlemaine, Co Kerry.
Phone: 066 9767833 | Email: mainealleyfrc@eircom.net
- » Kenmare Family Resource Centre:
Railway Road, Kenmare, Co Kerry
Phone: 064 6642790 | Email: info@kenmarefrc.ie
- » Shannow Family Resource Centre
The Cloisters, Abbeydorney, Kilflynn, Co Kerry.
Phone: 066 7198018 | Email: shannowfrc@gmail.com
- » South West Kerry Family Resource Centre,
18 Main Street, Caherciveen, Co Kerry.
Phone: 066 9481000 | Email: swkerryfrc20@gmail.com
- » St Brigid's Community Centre,
Hawley Park, Tralee, Co Kerry.
Phone: 066 7128521 | Email: stbrigidsfrc@gmail.com
- » Castleisland Family Resource Centre,
Church Street, Castleisland, Co Kerry.
Phone: 087 7553066 | Email: castleislandfrc@gmail.com
- » Dingle / Daingean Uí Chúis – Áiseanna na hÓige FRC,
Ard na Gréine, an Daingean, Co Kerry.
Phone: 066 9767833 | Email: eolas@aiseannanahoige.ie



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- » Ballincollig Family Resource Centre,
The Village Shopping Centre, Station Rd, Ballincollig, Co. Cork, P31AE86
Phone: 021 487 6295 | Email: info@ballincolligfrc.org
- » Bandon Family Resource Centre
96 South Main Street, Bandon, Co. Cork, P72P895
Phone: : 023 882 9466 | 086 025 3705 | Email: info@cfsbandon.com
- » Beara Family Resource Centre,
Main St, Castletownbere, Co. Cork P75WN88
Phone 027 70998 | 083 159 9748 | Email: info@bearawestfrc.ie
- » Mallow **Le Chéile** Family Resource Centre,
Mallow Community Campus, Fair Street, Mallow, Co. Cork, P51F344
Phone: 022 42439 | Email: lecheilefrc@eircom.net
- » Dunmanway Family Resource Centre,
Kilbarry Road, Dunmanway, Co. Cork, P47EC43.
Phone: 023 885 6818 | 087 138 5823 | Email: : info@dfrc.ie
- » Cobh Family Resource Centre,
Park House, Cloyne Terrace, Cobh, Co. Cork, P24PP30
Phone: 021 481 6103 | Email: info.cobhfrc@gmail.com
- » CAHA Family Resource Centre,
Adrigole, Beara, Co. Cork, P75EK72.
Phone: 027 60909 | Email: thecahacentre@gmail.com
- » Carrigtwohill Family Resource Centre,
Main Street Carrigtwohill.
Phone: 021 2355895 | Email: coordinator@carrigtwohillfrc.ie
- » Midleton Family Resource Centre
Oakwood Lodge, Old Youghal Road, Midleton, Co. Cork, P25WP38
Phone: : 021 463 3522 | Email: enquiries@midletonfrc.com



Community Families – Kerry

Community families is a home visiting programme supported by the Public Health Nursing Department for parents expecting a baby or with a child aged 0 to 3 years

Email: AliceM.Moore@hse.ie. | Web: www.communityfamilies.ie

Art Therapy – UHK

Art Therapy is a means to communicate and explore thoughts, feelings, emotions and experiences based on principles founded in neuroscience.

Referral to this service is through the PMHS –UHK

Email: zodwa.lenihan@hse.ie

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Irish Family Planning Association

The IFPA provide contraception, specialist pregnancy counselling, abortion care, sexual and reproductive health services and training.

Appointment line: **0818 495051** | Web: www.ifpa.ie

Barnardos

Barnardos' vision is to ensure all vulnerable children in Ireland get the support they need to overcome childhood adversity

Phone: **021 4357679** | Web: www.barnardos.ie

Teen Parents Support Programme– Cork

A community-based support service for teen parents – mothers and fathers – in Cork.

Tel: **021 435 7730** | Web: www.tpsp.ie/cork.PAGE13.html

TUSLA

The National Child and Family Agency, provide a range of family and community services and supports throughout the South West.

Web: www.tusla.ie/services/family-community-support/

Parenting24seven is an initiative that explains key messages on what works best for children and families at different ages and stages.

visit: www.tusla.ie/services/family-community-support/parenting-24-seven/

Irish Society of Chartered Physiotherapists

Visit: www.askthephysio.ie for information on physical health and to find a Chartered Physiotherapist in Women's Health in your area.

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Domestic Violence Services

Cork:

Web: www.safeireland.ie/get-help/where-to-find-help/cork/

Mná Feasa

Web: www.mnafeasa.com/ | Tel: 021 4211757

OSS Cork

Web: www.oss cork.com / Helpline : 1800 497 497

West Cork Women against Violence Project

Web: www.westcorkwomensproject.ie / Helpline : 1800 203 136

West Cork Beacon

Web: www.westcorkbeacon.ie

Edel House

Web: www.goodshepherdcork.ie/edel-house-emergency-accomodation | Tel: 021 427 4240

Cuanlee Refuge

Web: www.cuanleerefuge.org / Helpline : 021 4277 698

Kerry:

Web: www.safeireland.ie/get-help/where-to-find-help/kerry

ADAPT – Women's Refuge and Support Services

Web: www.kerryrefuge.com/ | Tel: 066 7129100

Kerry Rape and Sexual Abuse Centre

Web: www.krsac.com/ | FREEPHONE 1800 633 333

LGBT Ireland- parent

Information and support for LGBT parents

Web: www.lgbt.ie/get-information/parenting/

Women's Aid

Offers confidential information, support, and understanding to women who experience abuse from current or former boyfriends, partners, or husbands.

24 hour helpline: 1800 341900 / Web: www.womensaid.ie

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One Family

Provides support and information for people parenting alone, sharing parenting and for those separating.

Ask One Family lo-call helpline: 0818 662212 | Web: www.onefamily.ie

Parentline

Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues.

Phone: 01 873 3500 or 1890 927277 | Web: www.parentline.ie

Cuidiu

Offers childbirth education, postnatal support, breastfeeding support and local meets and events.

Email: info@cuidiu.ie | Web: www.cuidiu.ie

HSE Online Breastfeeding Supports

provides advice and support on starting breastfeeding, hygiene tips and answers common breastfeeding questions.

Web: www2.hse.ie/babies-children/breastfeeding/

Postnatal Depression Ireland - Cork

Provides support, help and friendship to those suffering from the effects of Post Natal Depression.

Phone: 021 4922083 | Email: support@pnd.ie | Web: www.pnd.ie

Postnatal Depression Ireland - Kerry

Help is available if you are feeling low and/or the baby blues are not going away. This is a partnership initiative between Listowel FRC and HSE.

Phone: 086 7872107 | Web: www.pnd.ie

Pregnancy & Infant Loss Ireland

Is a website that provides information on pregnancy and infant loss, and bereavement supports available in your maternity hospital.

For information on bereavement supports available in your maternity hospital visit: www.pregnancyandinfantloss.ie/bereavement-teams

For information on other bereavement, supports and services available in the community please visit: www.pregnancyandinfantloss.ie/support-links

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HSE Social Inclusion

HSE Social Inclusion operates across the South West in a bid to reduce inequalities in health and improve access to mainstream and targeted health services for minority groups in Ireland.

HSE Social Inclusion provides a range of services to support the following: addiction, homelessness, intercultural health (including protection applicants, refugees, Ukrainians and migrants), Irish Traveller's and Roma and the LGBTI community (Lesbian, Gay, Bisexual and Transgender).

Web: www.hse.ie/primarycare.ie | Tel: 021 4301270 (Cork North Lee)

Social Prescribing

Social Prescribing can support you to improve your health and wellbeing by linking you with non-clinical supports, services and activities in your community. If you need support for your mental health or feel lonely or isolated you can access Social Prescribing in Cork and Kerry.

Web: www.allirelandsocialprescribing.ie/services-map for a list of social prescribing services and their contact details across the country.

Cork

Adrigole Family Resource Centre. Tel: 083 1491543

Ballincollig Family Resource Centre. Tel: 085 8793462

Ballyphehane and Togher Community Development Project. Tel: 087 1207410

North Cork Social Prescribing Service. Tel: 087 7193257

Dunmanway Family Resource Centre. Tel: 083 2040729

Midleton Family Resource Centre. Tel: 083 1491543

Niche Community Health Project. Tel: 086 0147504

Kerry

Ballyspillane Community & Family Resource Centre. Tel: 087 4293407

Listowel Family Resource Centre. Tel: 087 4132521

Kerryhead/Ballyheigue Family Resource Centre. Tel: 085 1766304

Kenmare Family Resource Centre. Tel: 064 6642790

Your childcare options

The Citizen's Information Office provides information and signposting to services and supports related to childcare in Ireland

Web: www.citizensinformation.ie/en/education/pre-school-education-and-childcare/your-childcare-options/

Helplines and Websites

Infant Mental Health Resource Guide

An ebook to provide parents in Cork and Kerry with resources and information on Infant Mental Health. Web: publuu.com/flip-book/376708/1203143

3. Supports and Services

My Perinatal Self Care Workbook & Audiobook

A HSE self care workbook and audiobook to support and empower women from conception, through pregnancy and post-birth.

Workbook: [www.familyresourcementalhealth.ie](http://www.familyresourcementalhealth.ie/_files/ugd/22cf9d_3a239a82732f45239654bbd1f2e0ecec.pdf)

/_files/ugd/22cf9d_3a239a82732f45239654bbd1f2e0ecec.pdf

Audiobook: www.tinyurl.com/Perinatal-Self-Care-Audiobook

Let's grow together- Cork

Area based childhood programme which provides a range of community based services to support and empower families living in the Northside of Cork City.

Tel: 021 6010656 | Web: www.letsgrowtogether.ie/

Minding your wellbeing

The HSE Minding your wellbeing programme is an evidence based program for the public focussed on mental wellbeing.

Web: www2.hse.ie/wellbeing/minding-your-wellbeing-programme.html

Support booklet: www.lenus.ie/handle/10147/642252

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Becoming Dad

A guide for new fathers to help you make sense of what it can be like to be a dad, to look after yourself and others around you and become a confident father.

Web: www.mentalhealth.org.uk/explore-mental-health/publications/becoming-dad

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Mental health Resources

The Samaritans

Web: www.samaritans.org | Tel: 116 123

Jigsaw Kerry

Youth Mental health service

Web: www.jigsaw.ie | Tel: 066 718 6785

Jigsaw Cork

Youth Mental health service

Web: www.jigsaw.ie | Tel: 021 245 2500

www.yourmentalhealth.ie

www.pieta.ie

www.childline.ie

www.connectingforlife.ie

www.lightingtheway.ie

www.hse.ie/mentalhealth

www.hospicefoundation.ie

3. Supports and Services

Drugs.ie

Drug and alcohol information and support.

Helpline: **1800 459459** | Web: www.drugs.ie

POGP: Pelvic, Obstetric & Gynaecological Physiotherapy

For useful information on physical health in pregnancy and post birth.

Web: www.thepogp.co.uk/

Return to Running Guidelines

Web: blogs.bmj.com/bjbm/2019/05/20/ready-steadygo-ensuring-postnatal-women-are-run-ready/

mychild.ie

- » A guide to pregnancy, baby and toddler health
- » Trusted information from experts
- » Signposting to health services and supports.

Web: www2.hse.ie/my-child/

If you are experiencing distress or are worried about someone else please contact your GP, your Emergency Department or call the Samaritans for support on: **Freephone: 116 123** | Email: jo@samaritans.ie

Your Local Hospital

Cork:

Cork University Maternity Hospital : **021 492 0500**

Mercy University Hospital : **021 427 1971**

South Infirmary-Victoria University Hospital : **021 492 6100**

West Cork: Bantry General Hospital : **027 50133**

North Cork: Mallow General Hospital : **022 21251**

Kerry: University Hospital Kerry : **066 718 4000**

GP Out of Hours Services

SouthDOC in the South West is the GP out of hours service, you can contact this service on: **0818 355999**

If you need urgent help, you can also call the Emergency Services on 999 or 112 or go to the Emergency Department of your nearest hospital.





yourmentalhealth.ie

The www.yourmentalhealth.ie website provides information and signposting on all mental health supports and services that are available nationally and locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services [1800 111 888](tel:1800111888) (any time, day or night).

Childline

Call 1800 666 666
Text "Talk" to 50101
www.childline.ie

SAMARITANS

Call 116 123
www.samaritans.ie

spunout

text about it

text hello to 50808
www.textaboutit.ie

pieta

Call 1800 247 247
www.pieta.ie



Connecting for Life
Cork and Kerry