

Free Service

# Supporting your journey to motherhood

If you're planning on pregnancy, a mum-to-be or you've just had a baby, the maternal wellbeing service is here to HELP!

## WHAT DO WE DO?

We're a free friendly and motivational service for North East Lincolnshire residents

## Things we can help with:

Low Mood

Anxiety

Stress Management

Daily Routines/ Focus

Confidence/ Self-Esteem

Unhealthy Behaviours

Debt/ Financial Concerns

Housing, Family Concerns

Coping Strategies

Stop Smoking

Healthy Eating

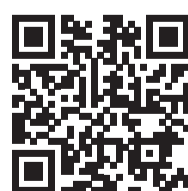
Loneliness/feeling isolated

## How you can access us:

Self-refer by completing a form online:

Web: [www.nelincs.gov.uk/mws](http://www.nelincs.gov.uk/mws)

Email: [wellbeingservice@nelincs.gov.uk](mailto:wellbeingservice@nelincs.gov.uk) or



Call us on 01472 325500 to speak directly to a team member.

\* Note that this is not a psychological or clinical service.

