

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:

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|-----------------------|--------------------------|-----------------------------|
| Low Mood | Confidence/ Self-Esteem | Coping Strategies |
| Anxiety | Unhealthy Behaviours | Stop Smoking |
| Stress Management | Debt/ Financial Concerns | Healthy Eating |
| Daily Routines/ Focus | Housing, Family Concerns | Loneliness/feeling isolated |

How you can access us:

Self-refer by completing a form online:
Web: www.nelincs.gov.uk/mws
Email: 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.

