

## About PANDAS

PANDAS Foundation (Pre and Postnatal Depression Advice and Support) was founded in August 2011 and was set up to support individuals and their families suffering from Pre and Postnatal Mental Illnesses

Our primary belief is that no parent should feel alone while suffering - whether it's during the antenatal period, or following birth.

We empathise with the individual behind the illness, and give them the advice and support they need to aid their recovery.

PANDAS offers a variety of support - from our Website, to our Online Community, Support Groups, and the PANDAS Helpline.

 /PANDASFoundation

 @PANDAS\_UK

 PANDAS Media Channel

[www.PANDASFoundation.org.uk](http://www.PANDASFoundation.org.uk)

For details about Sessions  
in your area please contact:



Helpline  
0843 28 98 401  
9am-8pm

 **PANDAS**  
Support Groups

Pre and Postnatal Depression  
Advice and Support

PANDAS Foundation 2011 - 2016

We are a Limited Company registered in England and Wales  
with company number 7740327 charity number 1149485

## What is a PANDAS Support Group?

We have PANDAS Peer Support Groups in many areas of the UK. Each group is slightly different, but what they have in common is that they are all run by people who have lived experience of Pre and Postnatal Mental Illness, and so can offer advice and vital Peer Support.

Peer Support works alongside the treatment & care from your Healthcare Providers, but can provide a place for you to share thoughts & experiences with others who have been through Perinatal Mental Illnesses.

Support Group Leaders understand how lonely and isolating it can be to be a parent. They also understand how hard it is to come to a new group, and will do everything they can to make you feel comfortable.



## How can Support Groups help you?

Our Support Groups vary, just like the people in them, and offer different benefits. These include:

- An opportunity to share your experiences, build long lasting friendships and get emotional support
- A way for carers and their families to learn more about Pre and Postnatal Mental Illness, and ways they can help.
- Tips and advice for Healthy Living
- Links to other services

## Will a Support Group help my recovery?

Everyone is different - what works for some may not work well for others. However, it has been proven that Peer Support can be helpful in aiding recovery from Pre and Postnatal Mental Illnesses.

### Our Group Leaders

All our Support Group Leaders have had safeguarding checks and training, and are offered support and supervision by PANDAS. They aim to create a safe and supportive environment, with policies in place to keep you safe and your details private.



**"It has helped me leave the house and make friends with some lovely supporting people, who truly understand what it's like"**

**"The PANDAS Support Group provided a lifeline to me; a kind, listening ear when I had no-one to take my issues to."**

**"It's nice to chat to Mums who really understand me."**