

Free  
Service

# Supporting you on your journey to motherhood

We're a free, friendly and motivational service that can support you with your Wellbeing before, during and after your pregnancy.

We'll help you to set wellbeing goals and will support you along your maternal journey.

Our programme will consist of up to 9 contacts throughout your pregnancy and keeping in touch with you up to your baby's first birthday.



We also offer support for mums who are planning to become pregnant.

**Our holistic approach can help you with things like:**

- Low mood
- Anxiety
- Stress management
- Daily routines or finding focus in life
- Confidence building and self-esteem
- Healthy eating & physical activity  
(Referrals into weight management and physical activity programmes)
- Referral into a stop smoking support service
- Lower-level alcohol and drug use
- Unhealthy behaviours/ support with coping strategies
- Debt/financial concerns
- Housing, children and family issues
- Or any wider wellbeing challenges that can affect your emotional and physical health

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## Why Us?

We will give you time and space to talk, focus on who and what matters to you. We offer face-to-face support and can meet you somewhere convenient and comfortable for you.

## Interested? Get in touch.

Contact our team now on 01472 325500  
or refer yourself online at:

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

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



*This is not a psychological or clinical service.*