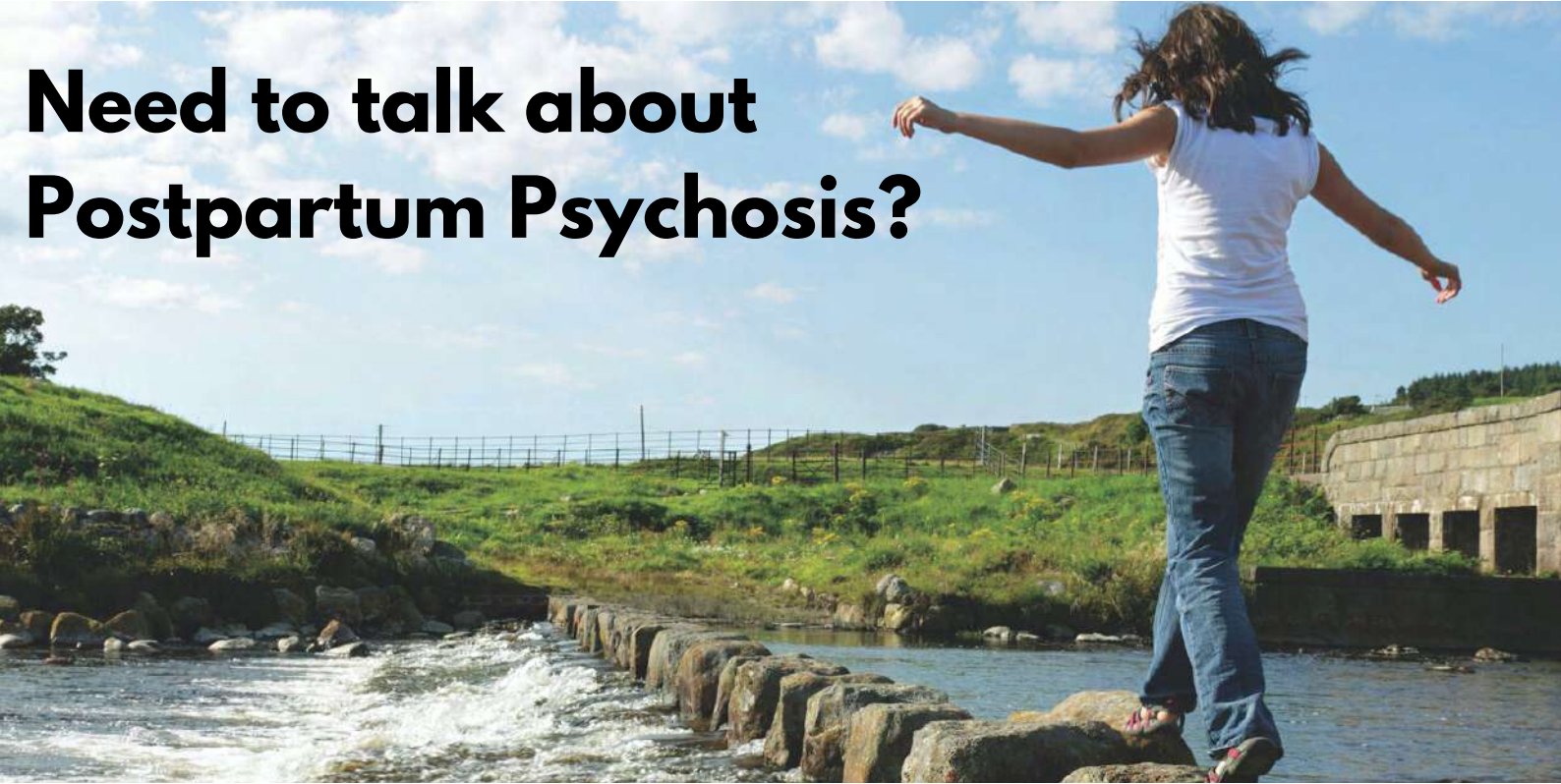


# APP Peer Support in Lancashire and Cumbria

## Need to talk about Postpartum Psychosis?



### Are you:

- a mum who is recovering from Postpartum Psychosis (PP)?
- currently in hospital or going home after an in-patient stay for PP?
- a mum with a previous PP thinking about another pregnancy?
- a woman with a history of Bipolar Disorder or Psychosis planning pregnancy?
- a partner, family member or friend with a loved one suffering from PP?

**Action on Postpartum Psychosis (APP)** is the national charity for women and families who experience Postpartum Psychosis (PP). We are working with the Ribblesmere Mother & Baby Unit (MBU) and Lancashire & South Cumbria Specialist Community Perinatal Mental Health Team.

**We can offer you peer support, specialist information and a listening ear.**

# PEER SUPPORT

Our Peer Support Workers and trained volunteers have all recovered from PP. We know how frightening the illness can be. Having the chance to meet and talk to others who have been through the experience can really help.

## IN THE MOTHER & BABY UNIT

Our Peer Support Facilitator is based in the Ribblesmere Mother & Baby Unit. If you need information, reassurance, or just to sit and talk with someone who understands, please get in touch. Don't worry if you don't know your diagnosis, or have a different diagnosis, you can still talk to us. APP's Facilitator can direct you to the right local resources and information.



## IN THE COMMUNITY

When you are back at home, APP's Peer Support Workers or Volunteers can meet up with you near your home, visit you with a health professional, or arrange a time to talk via Skype, phone or email. If you are pregnant and have a history of PP or other manic / psychotic illness such as bipolar, we can support you in pregnancy alongside your mental health team.



## CAFÉ GROUP

We run a regular café group for anyone who has had PP, or manic, psychotic illness such as bipolar 1. You could be newly recovering, or have had PP many years ago. At the café group, you will have the chance to meet many others, chat over a hot drink, get outside and have a walk. Contact us for dates and locations.



## PARTNERS & FAMILIES

We are here for you too. You can ask questions of other partners, grandparents and family members via our community forum or we can put you in touch via email / private messaging with volunteers who are partners / family members who have experience of Postpartum Psychosis.

## LANCS & CUMBRIA APP PEER SUPPORT TEAM

Jocelyn is the Lancashire and Cumbria Peer Support Facilitator. The team works part-time and regularly visits the Mother & Baby Unit. They are available to Skype, or visit at other times. You, or your health professional, can contact Jocelyn on:

**Email: [jocelyn@app-network.org](mailto:jocelyn@app-network.org)  
[lancsandcumbria@app-network.org](mailto:lancsandcumbria@app-network.org)**

**Mobile: 07950 444890**

**NB:** This mobile phone is switched off outside Jocelyn's working hours, but if you leave a message Jocelyn will get back to you.

**Please note, Jocelyn cannot offer urgent or crisis support.**



**Jocelyn, APP Lancs & Cumbria Peer Support Facilitator**

Jocelyn works alongside two other APP peer support workers and a team of volunteers who have recovered from PP; together they offer a wide range of experiences.



## PREFER TO TALK ONLINE?

You can visit APP's online community to talk anonymously to hundreds of other women and families with experience of PP. You can also request to be matched with a volunteer who will support you via email or private messaging on our online forum. APP has a network of over 70 trained volunteers in the UK who have experienced PP.

[www.app-network.org/pptalk](http://www.app-network.org/pptalk)



## KEEP IN TOUCH WITH US!

APP is a national network of people who have experienced PP. Whether you have recently had PP, or experienced it many years ago, please join us and find out how you can help.

Email us on:

[app@app-network.org](mailto:app@app-network.org)



[www.app-network.org](http://www.app-network.org)

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## CRISIS SUPPORT

**If you need urgent support, please contact your key worker, crisis team, or GP. If this is not possible, call NHS 111 or attend A&E. If you think you, or someone else, is in imminent danger, call 999 and ask for an ambulance.**

The following helplines are available:

**Samaritans Tel: 116 123** email: [jo@samaritans.org](mailto:jo@samaritans.org) Open 24 hrs every day.

**Wellbeing & Mental Health Helpline Tel: 0800 9154640**, Mon-Fri 7pm-11pm, Sat-Sun 12pm-midnight

[www.lancashirecare.nhs.uk/Mental-Health-Helpline](http://www.lancashirecare.nhs.uk/Mental-Health-Helpline)

**Lancashire Care Minds Matter:**  
[www.lancashirecare.nhs.uk/Mindsmatter](http://www.lancashirecare.nhs.uk/Mindsmatter)