Telford Mind
Perinatal Mental Health Service

Emotional and practical help for anyone who is expecting a baby or has a child under 2 & lives in Telford & Wrekin

Social Prescribing
Personalised one to one sessions

Flexible support to identify your needs and goals, helping you to access practical, emotional, and community support.

Listening Support
Friendly, informal conversations in your community

A safe space to talk, be heard, and get support when you need it.

Targeted Wellbeing Programme
Including structured programmes such as Roots & Rise.

Connect with others, share experiences, and build skills in a supportive environment.

Support starts with a conversation
Contact us to explore the options available to you:

07434 869248
or email: perinatal@telford-mind.co.uk

Telford and Wrekin FAMILY HUBS
Right help at the right time

mind Telford