

FAQ's

How do I know if I need help?

If you're feeling overwhelmed, anxious, or depressed, or if you're struggling to cope with the changes in your life, it might be time to reach out. Our team is here to listen and help you decide the best course of action.

How soon should I seek support if I'm struggling with my mental health?

It's never too early to seek help. Whether you're in the early stages of pregnancy or already a few months postpartum, reaching out as soon as you feel you need support can make a big difference.

Is there a cost for your services?

Our service is free for parents who are struggling with mental health problems. You must be either expecting a baby or have a little one under the age of 2 and live in the Scottish Borders.

What if I'm not sure what kind of support I need?

That's okay! During your first contact with us, we'll help you explore your feelings and concerns. Together, we can determine the best type of support for your situation.

Do you offer support for fathers and partners as well?

Yes, we offer support for fathers and partners. We understand that the transition to parenthood affects the whole family.

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You're Not Alone

At Nurture the Borders, we believe that every parent deserves support during this critical time. You don't have to go through it alone—help is here when you need it.

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Struggling in pregnancy

or after birth?



 Nurture
the Borders

Perinatal Mental Health
Support Service

info@nurturetheborders.com
0300 030 5361
www.nurturetheborders.com

Help for families

Nurture the Borders is an award winning charity that specialises in perinatal wellbeing. We know that becoming a parent is an important journey with both joys and challenges. Our perinatal mental health support service is here to offer caring, professional help and support to parents during pregnancy and the first two years after birth.



Why Perinatal Mental Health Matters

The transition to parenthood can bring about a range of emotions and feelings, from happiness to anxiety and depression. It's essential to recognise that it's okay to seek support during this time.

Many parents find themselves struggling, in fact, up to 1 in 5 mothers and 1 in 10 fathers are diagnosed with a mental health problem during this time. Seeking support really does make a difference and can help you overcome the challenges you are facing.

We're here to help you navigate these challenges, ensuring that you and your family receive the care and support you need.

“I was struggling in silence, but reaching out for help changed everything. It gave me the tools to overcome the challenges and enjoy being a parent.”

Our Services

We provide a range of carefully-developed services to support the varying needs you may have at this time.

We know that there's no 'one size fits all' approach to recovery from perinatal mental health challenges. We are here to support your unique journey and tailor our support to you.



One-to-One Support and Home Visits



Specialist Birth Work:

- Birth Preparation
- Doula Support
- Birth Trauma Recovery



Perinatal Psychological Therapies:

- Counselling & Psychotherapy
- Video Interactive Guidance
- Trauma Therapy



One-to-One Peer (mum/dad) Befriender Support



Peer Support Groups



Classes & Workshops:

- Antenatal
- Baby Massage
- Creative Journaling
- Baby Safe



How to Get Started

If you are expecting a baby or have a little one under two and you find yourself struggling mentally or emotionally and would like help, then the first step is to make a referral.

We accept self-referrals and you don't need to have a formal diagnosis. We also accept third party referrals (so long as the parent has consented), so your partner, health visitor, midwife or doctor can also make a referral for you.

“Nurture the Borders was a lifeline for me during my pregnancy. The support I received was invaluable. It can be hard to ask for help but you will be so glad when you do.”

Taking the first step towards getting help is often the hardest, but we're here to make it as easy as possible:



Fill out a referral form on our website
www.nurturetheborders.com



Email us
info@nurturetheborders.com



Call us
0300 030 5361