

**Mum’s Reflection “When I first moved here I thought I would never have friends and would always feel lonely. I had seen the group advertised on Facebook and I was so nervous when I first went. I sat by myself with my baby and didn’t talk to anyone. One of the workers there noticed I was feeling like this and came to chat with me and gave me her number to call her the following day. I was able to really open up to her and explain how I was feeling and she suggested I have one of their volunteers who has honestly become such a good friend to me and really gave me the confidence to visit new places by having her with me. I am so glad I walked into that group!”**

**Support Steps’ Reflection “Important to observe parents at groups to identify possible further support needs.”**

# OUTCOMES

* Baseline PHQ-9 and GAD-7 indicated moderate level of depression and anxiety (score of 8 and 10 respectively)
* After 8 weeks of volunteer support PHQ-9 and GAD-7 had improved (score of 4 and 6 respectively)
* Mum has made friends by attending 8 sessions of stay and play and has met with people outside of group at soft play, the library and parks.
* Mum feels a lot less isolated and is aware of support available in her area.
* On observation, mum is animated at group and appears confident and approaches new parents to include them at groups.

**Case Study – Start for Life**

**Perinatal Mental Health and Parent Infant Relationship Support**

# Family Composition and History

24 year old mum to her first baby who was 4 months old.

Single parent following recent split from partner.

Attended drop in stay and play session where mum was observed to be quiet, low in mood and not really interacting with other parents.

Mum had seen Supportive Steps stay and play sessions advertised on Facebook.

In conversation with mum, she disclosed that she was new to the area after moving away from home following the break up of her relationship.

Was feeling isolated and lonely and had no support close by.

# SUPPORTIVE STEPS PLAN

Mum was approached by Supportive Steps staff and offered further support. Assessment phone call was arranged for the following day.

During assessment we discussed offering mum peer support by one of our volunteer befrienders. This was to encourage and support mum to explore her new home area and to access parenting groups and network with other parents.

Mum was also encouraged to continue attending the Supportive Steps stay and play groups and facilitators organized for the volunteer befriender to attend with her to support mum’s confidence with talking to other parents.