

# Useful Numbers

ASSOCIATION FOR POST  
NATAL ILLNESS:  
0207 3860868

DOMESTIC VIOLENCE  
HELPLINE: 0800 200247

SAMARITANS: 01892 532323

SANELINE: 0845 7678000

SPRING HOUSE FAMILY  
CENTRE: 01732 465539

ST JOHN'S MENTAL HEALTH  
CENTRE: 01732 470840

## What Should I Do Now?

If you are interested in joining the group or becoming a volunteer and would like to find out more about it, please contact us at:

### Sevenoaks Area Mind

34 St John's Road  
Sevenoaks  
Kent  
TN13 3LW

Tel 01732 459558

[admin@sevenoaksareamind.org.uk](mailto:admin@sevenoaksareamind.org.uk)  
[www.sevenoaksareamind.org.uk](http://www.sevenoaksareamind.org.uk)



For better  
mental health

Reg Charity No. 1044977  
Company Limited by Guarantee  
No. 3026457

Supported by K.C.C.  
Social Services Dept

Sevenoaks Area  mind

For better  
mental health

# Mums' Support Group



[www.sevenoaksareamind.org.uk](http://www.sevenoaksareamind.org.uk)  
Reg Charity No.1044977  
Company Limited by Guarantee No.3026457

34 St John's Road  
Sevenoaks TN13 3LW  
01732 459558

### What Is It?

The Mums' Support Group is a small friendly group run by a committed team of mums and helpers, supported by the local mental health team and Sevenoaks Area Mind. It meets weekly in Sevenoaks, including holidays, and offers mutual support, help and information on post-natal depression and related problems. It offers a free and confidential service.

### Who Is It For?

You won't feel alone as the group helps to support mothers of babies and young children who are experiencing depression or who are feeling stressed, exhausted, frustrated or isolated.

Discussions and activities within the group provide help in coping with problems such as panic attacks, anxiety and lack of self confidence.

### What About My Children?

Children are welcome at the group: we have our own crèche providing for the needs of young babies and older toddlers. The children are cared for and refreshments are provided in a safe, well-equipped and stimulating play area, while their mothers meet in a room close by.

**Calling All Mums!**  
**We're Here to Help!**



### When Does The Group Meet?

The group meets every Thursday, from 10:00am - 11:30am at 34 St John's Road, Sevenoaks TN13 3LW.

### What Happens In The Group?

An informal and friendly atmosphere offers women the chance to share their feelings and experiences in a safe and non judgemental environment.

We can arrange taster sessions in reflexology and aromatherapy, or invite guest speakers to come along and offer insights into coping with stress and depression.

The group provides hope to move on and renew your strengths through caring, mutual support.