

Are you a mum? Or soon to be one?  
**We want to understand your perinatal experiences  
and get your views on the mental health support services  
in your local area in Southwark and Bromley.**

Could you complete our survey or take part in a short, confidential interview to share your experiences?

**NHS England** want to improve the mental health support women get during pregnancy and after childbirth. Your insights will be used to help them understand how. So on behalf of future mums of Southwark and Bromley, thank you for the time you're giving to participate.

The NHS have asked us (Civil Society CIC) to work with BLG Mind to collect information on your views and experiences. Did you get support? Was it difficult to access? There is no right or wrong answer, all your thoughts and feelings are valuable for this research.

Interviews will take 15-30 minutes and will be conducted with **warmth, sensitivity and professionalism** – online, on the phone, or even socially distanced in a park if you prefer.

**If you don't have time to do an interview, you can still contribute to the research by taking our quick online survey: [surveyMonkey.co.uk/r/VLLBXJV](https://surveyMonkey.co.uk/r/VLLBXJV)**

**In return for your time, you can be entered into our prize draw for the chance to win a £50 Boots gift card!**

**Simply send a screenshot of your 'completed survey' page to [info@civilsocietyconsulting.co.uk](mailto:info@civilsocietyconsulting.co.uk) to be entered into the prize draw. Your email will not be stored or used for any future purposes after the prize draw is completed.**

We would love to hear from you. You can text/call us on the email/mobile numbers below.

With a very big thank you from Natasha and Lucy, from the Civil Society CIC team.

Our contact info:



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