

Are you a pregnant or a parent?

Have you had a good or challenging experience with mental health services and have recommendations for how services should change?

Are you curious to be involved in running a research project to help improve mental health services for other parents and pregnant individuals?

What's the research?

This Brighton and Sussex Medical School project is looking to increase the number of new parents and pregnant individuals accessing mental health services.

Our research will involve groups of people who self-identify as having experienced perinatal OCD, who will be influential in the research and will design a service which is useful and effective for individuals like themselves.

We are looking for individuals who:

- Have experienced intrusive or obsessive thoughts during pregnancy or after having their child, or are close to someone who has.
For more information on this visit shorturl.at/rtEH5
- Tried to access support for these intrusive and obsessive thoughts and anxieties
 - Are over 18 years of age
 - Speak English
 - Live in Kent, Surrey or Sussex

What will it involve?

- Being part of this project means you will be considered a researcher. You can be involved as little or as much as you desire.
- Involvement could include talking with other parents/pregnant individuals about mental health, accessing services and what you think services should look like along with the opportunity to develop new research skills.
- Meet-ups will be according to your preference, with most remotely (e.g. over video call, email and messages).
- Everyone will be paid for their time.

Interested in taking part?

We are establishing this group from August 2021 and are happy to be contacted for more information email: XXXXXXXX

