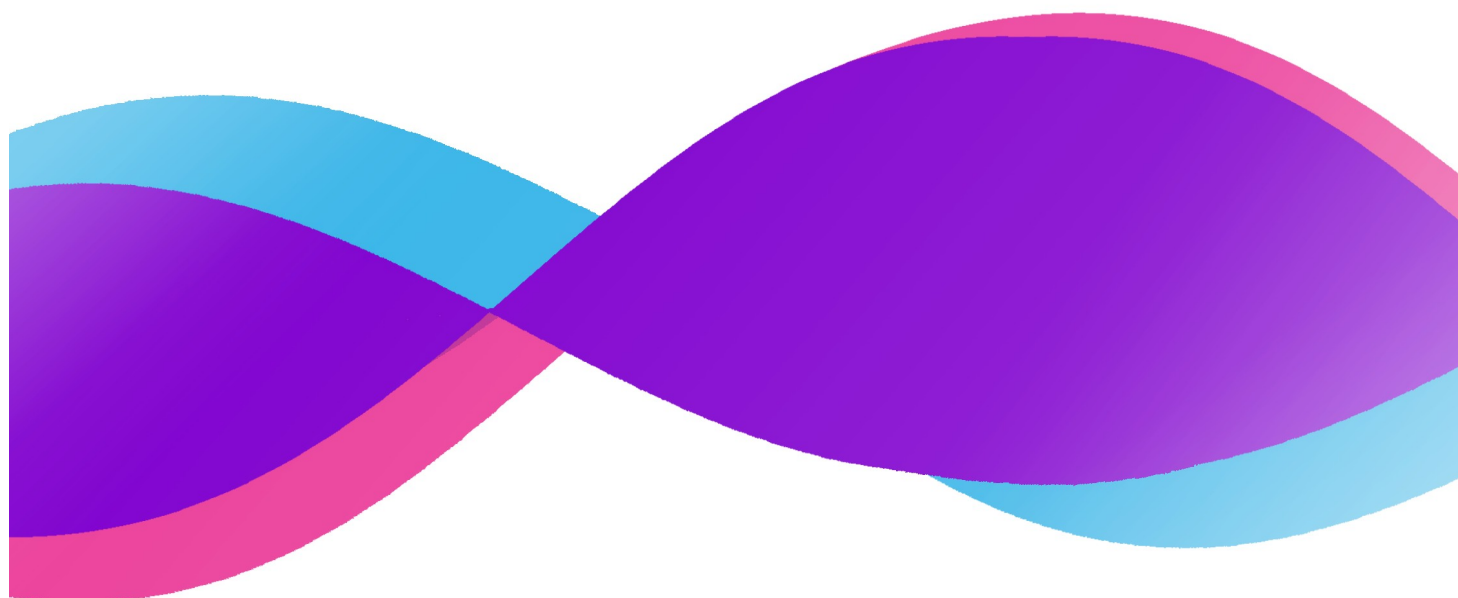




Pre and Postnatal Depression Advice and Support

Charity Information Pack





PANDAS Foundation

Pre and Postnatal Depression Advice and Support

What we do

PANDAS foundation provides Support, Advice, and a Voice for those coping with Pre and Postnatal Mental Illnesses. PANDAS provides both virtual and grass roots safe environments for peers to support one another at a crucial time, often providing the first step in the recovery of those in need of our help.

“When I was at my lowest I couldn't talk to anyone about how I felt. Just reading made me feel I wasn't alone. When I felt I wasn't good enough to live, talking to others on PANDAS kept me going another day. Without having somewhere to turn I don't think I would still be here. Friends and family do not understand.”

-- PANDAS Service User

Originally created in 2011, PANDAS has grown significantly in the last 5 years and now has a team of nearly two hundred volunteers, supported by a Management Team, and the PANDAS Trustees



Why we do it

Facts and Figures

10-15% of women in the UK suffer PND

That's between 39,523 - 82,998 parents suffering in the UK last year.

Over the last 5 years PANDAS has supported in excess of **25,000** individuals and their families through our Peer Support services, with over 5,000 supported in the last 9 months alone.

PANDAS Supports those suffering a variety of perinatal mental illnesses. Depression, Anxiety, Psychosis, Intrusive Thoughts, Compulsive Disorders, Self Harm and Eating Disorders.

Perinatal Mental Illness can affect the bond between mother and child, causing a detrimental affect on the child's development and long term changes in life.

As many as 21% of men suffer a depressive episode in the first year of their child's life.



Our Success So Far

Campaigns

PANDAS Successfully created the UK's first PND awareness week in September 2016. Appearing in the media, across television and radio, as well as gaining support from big names across social media and creating and awareness of Pre and Postnatal Mental Illness.

Awareness

PANDAS Ambassadors, management and trustees regularly appear at events and in the media to speak about the charity and the ways we support people, as well as sharing real life experiences with healthcare providers and the organisations they work for.

Links

A member of the Maternal Mental Health Alliance, PANDAS works alongside other charities, companies and professionals to provide a network of Perinatal Mental Health advice and support.



The Support We Offer

As a national Charity, we work to support service users in a variety of different ways. These include:

Helpline
Support Groups
Email Support
Private Online Groups

Helpline

Our PANDAS Helpline is available from 9am – 8pm every day. Our dedicated volunteer team offer support, advice and can help to signpost to other organisations if necessary. We cannot offer medical advices or a diagnosis, but we will signpost service users to their local Healthcare Provider, and support them emotionally



Support Groups

All our PANDAS Support Groups are run by Volunteers who have lived experience of Pre and Postnatal Mental Illness. PANDAS provides training, support, full checks and insurance to all our Group Leaders, and our Support Groups team offers regular supervisions in order to help them run their groups effectively and compassionately.

Our Support groups Leaders encourage people to share their stories and experiences, but are also there for more casual meetings and as a way of enabling people to relax away from any perceived judgement about Pre or Postnatal Mental Illnesses.

We have PANDAS Support Groups in many areas of the UK. Each group set up is slightly different. They are held in Children's Centres, Village Halls, Church Halls and some other community venues and have facilities for parking and baby changing. We have an online map which shows all our current support groups, and a dedicated team available to help service users find their nearest group.

Often there are refreshments, and groups vary from a cup of tea and a chat to session topics on methods of self-care.



Online Team

PANDAS Online Community

The Online Community is PANDAS' newest social media platform. We have individual groups for specific illnesses, as well as our dedicated, private PANDAS Dads forum. We hope to build an inclusive, supportive and vibrant community where anyone can find themselves saying 'It Is Okay Not To Be Okay'.

PANDAS Closed Group

The closed group is a unique Facebook group that currently has around 2000 members. It is run by a dedicated team of specially trained admin, who organise posts, approve new members and generally enable the smooth running of the group. Although predominantly Peer Support, the admin staff do have the facility to support 1:1 in situations where the team leader feels it appropriate. PANDAS are very proud of the success of this group, with its high levels of experience and the friendships that blossom within it, and work hard to ensure it is a safe, healthy environment.

PANDAS Email Support: info@pandasfoundation.org.uk

Our PANDAS Email Support team are available seven days a week, 365 days a year. Our trained volunteers aim to respond to each email within 24 hours, providing information about perinatal mental illnesses, and supporting anyone looking for advice.



Getting in Touch

PANDAS Social Media

With regularly updated Social Media pages, including Facebook, Twitter, Instagram and Youtube, PANDAS connects with service users in a wide variety of ways and enables people to find help wherever they need it.

Facebook: /PANDASfoundation

Twitter: @pandas_uk

Instagram: @pandas_uk

Youtube: PANDAS Media Channel

Email

Contact@pandasfoundation.org.uk - General enquiries

mediateam@pandasfoundation.org.uk - Media enquiries

Telephone:

Helpline - 0843 28 98 401

Office - 01691 664275