

Bump, Birth & Beyond: the peer space

Film transcript

Rosey

So, at the moment PND hour, it works really well on Twitter, because you can be anonymous. And I feel that that helps those conversations sometimes be a little bit more open and honest as they would be if it was perhaps Facebook, or something like that.

So, I feel that, even though Twitter is a public platform, it still blows me away each week actually, that people are so open and so honest about how they're feeling, because they know that, if they use the #PNDhour, people who are reading it, they get it. They understand. They can relate to it, and you'll be supported and welcomed with open arms. We've got an amazing community.

I think the most amazing thing for me is the people who message me privately. So, this is one;

“I found out about the chat a few months ago from a local group of friends and have hopped on a few times to take silent reading advice and support, but thought I'd comment today. Thank you, it's been really helpful and has helped me recover and heal a little.”

So even if they don't join in, they know that it's there and they know that they can follow the conversation. That's what's really powerful about it.

So, a big part of what I do is signposting. Peer support online has a place; however, it doesn't replace in-person peer support, so I will always try to make sure I can signpost to services that are local for them, so they have that as well.

Nine years later I'm still doing it and providing this platform for people to have such open, honest, truthful conversations about perinatal mental illness and the impacts it can have.

Get in touch

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- 0300 323 9956
- info@scottishrecovery.net
- www.scottishrecovery.net

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