

Bump, Birth & Beyond: why peer support?

Film transcript

Rosey

Almost one of the very first tweets I ever did, it was like, you know, “Welcome to the first ever PND hour” and it was - yeah, in January 2014.

Being able to provide that platform every single week is just so powerful to me and I just - I love it, I do it because I love it.

I started PND and Me and PND hour because when I had my daughter at the age of 19, I didn't have any support, really. I didn't have access to peer support, I didn't have access really to professional support. I just felt that peer support was something I really needed when I was unwell, and if I'd have had it every single week, somebody to talk to, a space to go in and say “this is how I've been feeling” or, you know, to join in with the discussion about what we were talking about that week, it would have helped me so much to not feel quite so isolated.

Quite often peer support is the first time someone has actually spoken about how they're feeling, I feel, especially in the cases of mums who were going through mental health problems.

It can be really daunting to reach out to a healthcare professional, because of the stigma and fear that your baby is going to be taken away from you. Whereas if you're going to a peer support group with people who understand, it just makes it a little bit easier to start having those conversations.

The group has 18,000 followers on Twitter, but numbers are nothing, really. It doesn't matter how many people you reach, if you can reach one person that really needs it, then you've made a difference.

I do it because - I do it because I love it, that's why I do it.

Get in touch

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