

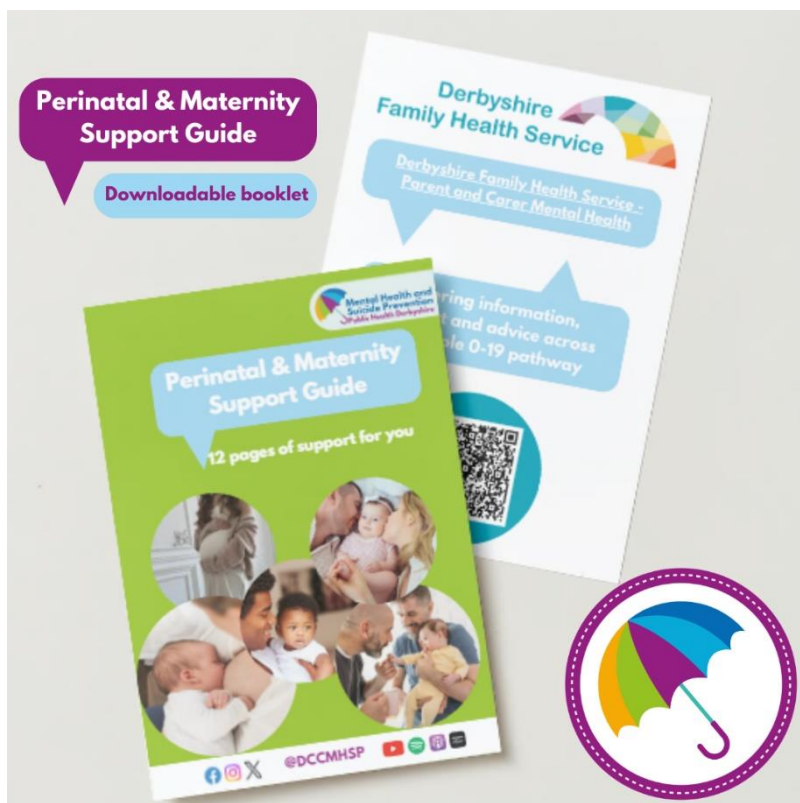
Forwarded message from Luke in the Mental Health Team

I hope you're well. Just a brief update on the latest Let's Chat Derbyshire Podcast Episode as well as a new resource for maternity and paternity support.



Episode 19 of the Let's Chat Derbyshire Podcast. Let's Chat ADHD in Women. We chat with Lynsey about her experience of a adult diagnose, how ADHD is for her, her experiences of being diagnosed and difference between male and female ADHD and why I can be hard to notice in childhood. This is the first of 2 parts we chat to Lynsey.

www.linktr.ee/dccmhsp



Having a child can be life changing. As many as 1 in 5 women and 1 in 10 men are affected by mental ill health during pregnancy, and up to two years after birth. It's very important for you and your baby that you seek help. We have pulled together a booklet with information and support in for you, your employees, friends or family or may be expecting or have recently had a baby.

As part of offering the right support we are wanting to get up to date information on local community groups which support mums and dad around perinatal and postnatal support, so please get in touch with either myself or Jo if you are an organisation that supports parents during this time.

With our colleagues in the Best Start team in Public Health we've designed a maternity and paternity wellbeing booklet to help share support which is available nationally and locally.

The booklet can be found attached but also within our Mental Health Toolkit - <https://bit.ly/DerbyshireMHToolKit>. This booklet is a great resource to send to employees, friends, volunteers or yourself who are going on, are on or have been on Maternity or Paternity leave with valuable information to support them.

BW

Luke Oldham and Jo McGarrigle

Luke Oldham

Service Development Officer

Mental Health and Suicide Prevention Team

Mental Health First Aider Network and Neurodiversity Lead

Derbyshire County Council | Public Health

[Mental Health & Suicide Prevention Digital Business Card](#)

DerbyandDerbyshireemotionalhealthandwellbeing.uk

[Social Media & Let's Chat Derbyshire Podcast Links @DCCMHSP](#)

[Linkedin](#)