

# Come Get Involved with us!

## Be part of the North East and Central London Perinatal Mental Health Services



*Your*  
**VOICE**  
**MATTERS**

Meeting on  
**FRIDAY 8TH  
SEPTEMBER 2023**  
10 TO 11 AM  
CLICK ON  
[LINK](#)

### **WE NEED HELP WITH :**

- Shaping the Perinatal Mental Health services
- Ensuring the voices of women and birthing people are at heart of this project
- Representing voices at strategic meetings
- Co-designing materials to raise awareness of this project

### **HOW WE CAN SUPPORT YOU BY :**

- Opportunities to meet other women and birthing people
- Refreshing your skills
- Developing new skills
- Payments for your contributions and time towards this project

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**For more details please contact**  
**elft.perintatalparticipation@nhs.net or text 07918445783**