



What does NorPIP do?

We are a parent-infant therapy charity that provides help during pregnancy and after birth for any parents who are struggling to form a strong relationship with their babies as well as work with parents with perinatal and maternal/paternal mental health issues which are getting in the way of you enjoying parenting, or making everyday life difficult.

Many parents we work with might be tackling a range of tough issues at once at the same time as becoming a parent, whilst some parents we work with may experience problems with their mental wellbeing for the first time during pregnancy or after birth. Whatever your situation is, we want to help you to make the most of your life as a parent and help you remove the emotional barriers interfering with making parenting joyful for you.

Many parents we work with suffer from postnatal depression, anxiety, depression or other mental health conditions but you don't need a diagnosis of anything to get our support, but just to want help to build a strong relationship with your baby.

We have an excellent team of highly qualified and experienced therapists whom can help you to build strong relationships between you and your child, or between your partner and your child up to the age of two.

If you are concerned about your own feelings about becoming a Mum, or concerned about how your partner is coping with parenthood, or how you feel towards your child and you can speak to one of our team in confidence and find out if our therapy is the right course of action for you and if it's not, we'll help signpost you to the right support.

Costs

Our therapy is usually free of charge, but we may ask you for your financial and other personal circumstances in order to establish how we can provide support to you.

Locations

We work across children's centres, GP Surgeries and in your home, depending on where might be best to meet you, or from our dedicated therapeutic space. We work across most of Northamptonshire, and have a good geographical spread of therapists that can help you.

For more information

Our office is usually open between Monday to Friday and we are based at St Giles House, 76 St Giles Street, Northampton NN1 1JW on the 3rd floor of the Relate Building. We advise telephoning us and scheduling an initial appointment to discuss your individual circumstances or discuss over the phone. From there, we will set up therapy for you.

We apologise our telephones are not manned regularly but please leave a voicemail and we will call you as soon as we can.

Our phone number is 01604 924 735 and email is info@norpip.org.uk For more information, please visit our website at www.norpip.org.uk