



Are you pregnant or a new mum and feeling low, anxious, alone?

Talk & support, mum to mum

Support available in different languages

A friendly, non-judgemental space to talk, seek information and gain support. Offering group and 1 to 1 peer support*, walk & talk and by telephone or online.

'The volunteer makes me feel normal. She listens like it's okay.'

'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it."'

'The 1:1 support really helped my confidence – as a mum and in myself.'

'Everyone there has been through similar things – it feels like a family.'



Languages:

Bengali, Urdu, Patwari, Spanish, Hindi, Swedish, Norwegian, French, German, Swiss-German, Romanian, Punjabi.

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*All face to face support is compliant with government Covid-19 guidelines.

For more information please contact: 07525 403673 or email: parentsinmind.newham@nct.org.uk