



**Pregnant?
Recently had a baby?
Feeling low or that something is not quite right?**

Do you feel:
Depressed?
Anxious?
Vulnerable?
Isolated?
Lacking in self esteem?
A sense of hopelessness?
Loss of control?
Emotional 'numbness'?
That you are not a good parent?
Loss of enjoyment of things usually enjoyed?
Lack of motivation?
Irrational thoughts?

These are to name just a few.

Perinatal illness; including antenatal and postnatal depression, birth trauma and anxiety is more common than you think, **Mothersvoice.org.uk** can help and support you and your family, **don't suffer in silence.**