



► Caring for a new baby and feel low, worried, alone?

Talk and support from men, for men



'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 parent and in myself.'

nct 1ST 1,000 DAYS
NEW PARENT SUPPORT

For more information text/call Holly on: 07562 207644
or email: parentsinmind.nw@nct.org.uk



► Are you pregnant or have a baby and feeling low, anxious, alone?



Talk & support, mum to mum



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

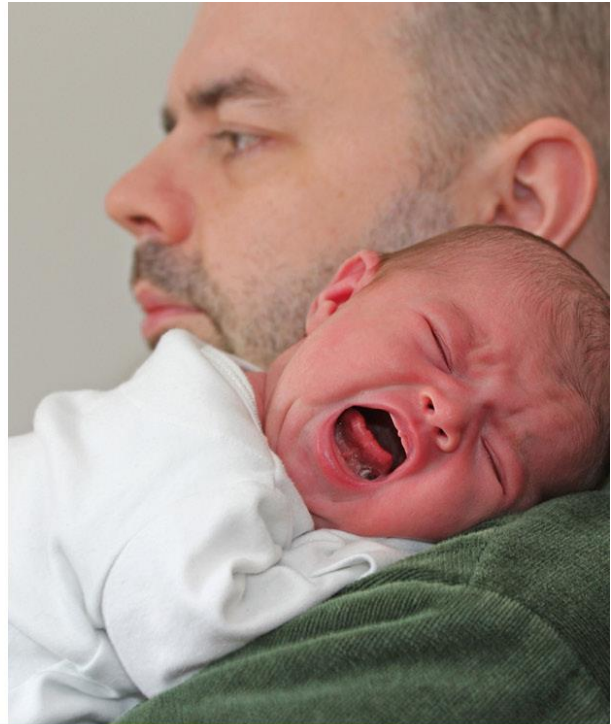
'The 1:1 support really helped my confidence – as a mum and in myself.'

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

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Talk and support for partners



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