

Dear Mum,

We know you may not feel like yourself right now. Maybe you can't quite put your finger on it or you are too scared to speak to anyone. Reaching out can feel impossible - we remember it well.

However you aren't the only one feeling this way and we promise you won't feel like this forever, as hard as it may feel to believe that right now.

By Your Side was created by, and is supported by, mums who have felt like you. We can provide comfort, reassurance and support through one to one peer support or our weekly stay and play. Let us hold that hope for you. When you feel alone, like no one understands or you just need someone to hold your hand along the way, we will be there for you.

You can and you will recover. We can help you get there.

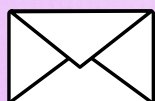
Love

By Your Side

Check out our website: <https://www.byyoursideperinatal.co.uk/>



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