



**Please
Keep Baby
in Mind**

**Lockdown is
hard and may
mean baby is out
of sight. Keep
babies in mind.**

**Download our resources to
help you support parents
tinyurl.com/4kc6x4mg**

Being a new or expectant parent during lockdown can be extra stressful

If you are struggling with your mental health you are not alone



Local services are here to help you through this difficult time

To find out more speak with your GP, Midwife, Health Visitor or click on the following link for specialist services in perinatal mental health and parent infant mental health in Greater Manchester:

<https://hub.gmhsc.org.uk/mental-health/perinatal-and-parent-infant-mental-health-2/>

**Being at home alone with your baby
can be difficult for any parent.
The isolation of lockdown can make
this extra stressful**

**If you are
feeling lonely
you are not
alone**

Help and support is available:

Home-Start: <https://www.home-start.org.uk/>

Best Beginnings online support: <https://www.bestbeginnings.org.uk/see-hear-respond>

Dadmatters: <https://dadmatters.org.uk/>

SPOONS Neonatal Family Support in Manchester: <https://spoons.org.uk/>

Proud2bparents: <http://www.proud2bparents.co.uk/>

If you need someone to talk to, text **BABYBUDDY** on 85258 or call the Samaritans on 116123. Both services are available free and open 24 hours a day

Speak to your Health Visitor for more support

GMCA Greater Manchester
Community
Association

NHS
in Greater Manchester

**Greater
Manchester
Health and
Social Care
Partnership**

Being a new or expectant parent during lockdown can be extra stressful

If you are struggling with your mental health you are not alone



Local services are here to help you through this difficult time

To find out more speak with your GP, Midwife, Health Visitor or click on the following link for specialist services in perinatal mental health and parent infant mental health in Greater Manchester:

<https://hub.gmhsc.org.uk/mental-health/perinatal-and-parent-infant-mental-health-2/>

Being alone with a baby who is struggling to settle can be difficult for any parent.

If you are struggling you are not alone

