



UNMASKING PARENTHOOD

— you matter too —

Wellbeing support for new and expecting parents

Behind the smiles, many parents are struggling. If you're feeling overwhelmed, anxious, or disconnected you're not alone. Suicide is the leading cause of death for mums in the period of 6 weeks to 12 months post birth. Dads and non-birthing parents are also at risk. But help and support is available for you to make a full recovery. Looking after yourself will help you to look after your baby.

Signs to look out for in yourself or others:

- Feeling hopeless or trapped
- Withdrawing from baby or loved ones
- Sudden calm after distress
- Talking about death or suicide
- Feeling like a burden
- Reckless behaviour



Buckinghamshire
Council

 mind
Buckinghamshire

NHS

SUPPORT IS AVAILABLE

you matter too

Bucks Mind Perinatal Support Service

Please speak to your GP, Health Visitor or Midwife about a referral to the perinatal team.

Bucks Talking Therapies

Text TALK and your name to:
07798 667 169 or call 01865 901 600

Bucks Online Directory

Visit directory.buckinghamshire.gov.uk for support in the community

Safe Haven

A safe and supportive alternative to A&E for adults (18+) in Bucks experiencing a mental health crisis, contact Bucks Safe Haven between 6pm-midnight, 7 days a week:

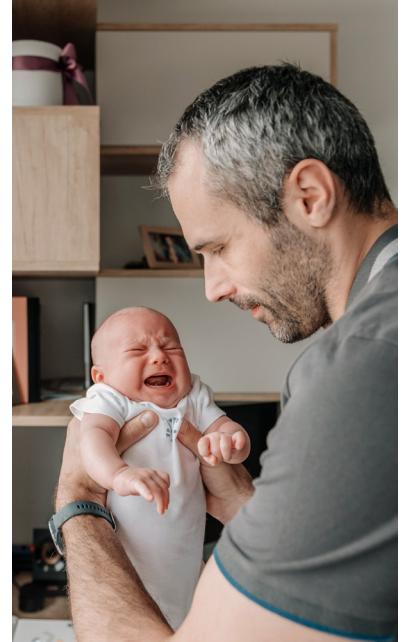
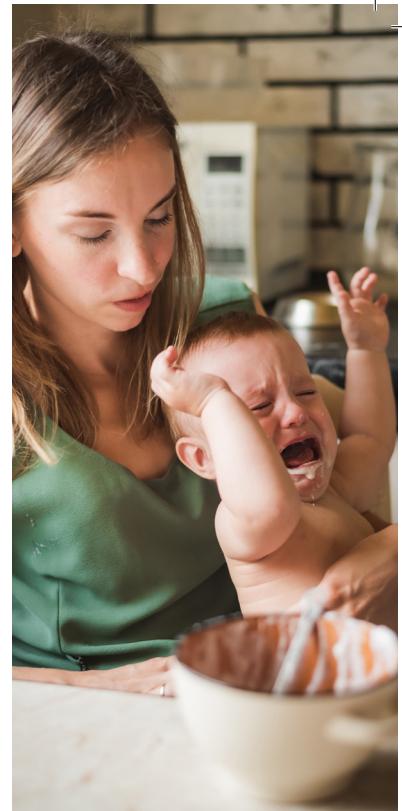
- Aylesbury: 01296 453017
- High Wycombe: 01494 218098

Samaritans

Call 116 123 or text SHOUT to 85258

NHS 111

Select option 2 for mental health support



buckinghamshire.gov.uk/unmasking-parenthood