



How are you, Mum?

Free Peer Support Groups Across North and West Cumbria

A safe space for mums, mums-to-be
and those who identify as mums
to share how they are
really feeling, without
judgement.



Little ones welcome!

You are not alone.

More than 1 in 5 women will
experience a mental health problem
as a mum or mum-to-be.

From pregnancy and beyond, no
matter what the age of your child, our
groups are a safe space for you.

Join online or simply pop in to your nearest group

happymums.org.uk