



How are you, Mum?

Free Online Peer Support Groups

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



Monday

10am - 11am
&
7.30pm - 8.30pm

Sign up: www.happymums.org.uk



How does it work?

- Sign up to join the online groups via the Happy Mums website
- We'll email you to let you know we've got your information
- You'll get an email on Monday morning with the links for both of the online support groups.
- Click the link at the time of the call that works best for you, and we'll see you there! You're welcome to come along to both
- You don't have to talk if you don't want to.
- You don't need a teams account to join, although if you are using your mobile you may need to download an app.



Our support groups are created specifically for mums to share how they are really feeling and hear words of support from those who have been in similar situations.

Don't worry if you're distracted by things at home - we're all in the same position

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.

happymums.org.uk

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