

# NEW

# to Northumberland



## Family Wellbeing Service

**Having a child** can be the **most rewarding** and also the **most challenging** time in anybody's life.

**'You are not alone'**

As part of the Family Hub offer – **personalised support is available to new and expecting mothers, fathers and significant others**, (up until a child is two), who are experiencing mental health issues...

**Are you or do you know someone who may need support to:**

- understand their low mood
- connect with other parents
- feel less worried about parenting
- establish routines
- breastfeed
- feel less anxious
- have better relationships
- access services

**Contact your local Family Hub or speak to your midwife/Health Visitor**

In partnership with



#FamilyHubsNland



[www.FamilyHubsNorthumberland.co.uk](http://www.FamilyHubsNorthumberland.co.uk)