



Are you pregnant or a new mum and feeling low, anxious, alone?

Talk & support, parent to parent



'The volunteer makes me feel normal. She listens like it's okay.'

'Everyone there has been through similar things - it feels like a family.'



For more information  
text/call Ruby on: 07731 994 579  
or email: [parentsinmind.es@nct.org.uk](mailto:parentsinmind.es@nct.org.uk)

Registered charity in England and Wales: 801395 and Scotland: SC041592.



Parents in Mind, East Sussex are also offering the Anna Freud Reflective Parenting Programme. This is an amazing six-week course delivered online, to stimulate a stronger parent-infant bond.

Contact us for more information



Caring for a new baby and feel low, worried, alone?

Talk and support from men, for men



'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it."'

'The 1:1 support really helped my confidence – as a parent and in myself.'



For more information  
text/call James on: 07732 690818  
or email: [parentsinmind.es@nct.org.uk](mailto:parentsinmind.es@nct.org.uk)



Registered charity in England and Wales: 801395 and Scotland: SC041592.