East London NHS Foundation Trust

S PERINATAL MENTAL HEALTH SERVICE OCEAN SERVICES and CAMBRIDGESHIRE COMMUNITY SERVICES (CCS) NHS TRUST HEALTH VISITING SERVICE

IF YOU ARE THINKING OF HAVING A BABY OR RECENTLY HAD A BABY (O TO 1 YEARS) AND STRUGGLING WITH YOUR WELLBEING WE CAN HELP YOU

For info: 01234 263642



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- What's available locally;
- Learn coping skills;
- Networking opportunities







