



LIGHT

pre & postnatal support

Pregnant or recently had a baby and feeling low?



Feeling anxious, tearful, angry, lonely?



Need a safe place to talk and someone to listen?

Symptoms:

- Can't stop crying
- Feeling of hopelessness
- Anxiety and panic attacks
- Feeling alone and isolated
- Can't see a way forward
- Feeling trapped
- Sleeping problems
- Changes in appetite/
recent weight loss
- No motivation
- Guilt
- Loss of enjoyment

Light is a charity working to support the emotional wellbeing and mental health of parents and their families in South Yorkshire, during pregnancy, birth and beyond.

www.lightpeersupport.org.uk



Services we offer:

- *Peer support groups*
- *Telephone/Email support*
- *Inter-agency working*
- *Secure online forum*
- *Face to face support*
- *Support for dads*



LIGHT

Find out more about us:

Email: contactus@lightpeersupport.org.uk

Telephone: 0114 438 8962

www.lightpeersupport.org.uk



Charity No. 1149125