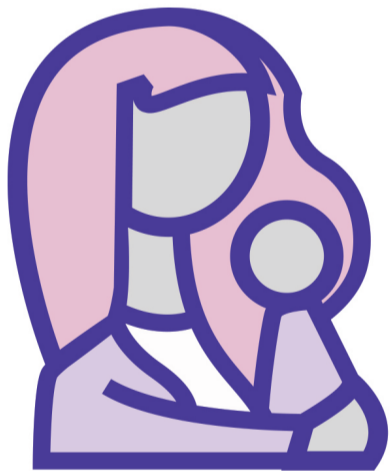


**Giving birth was so sore and draining, I just don't feel full of joy. It feels very tiring and I'm just not as optimistic or happy as I used to be. Is this normal? It'd be good to talk with other mums who have had babies**



**The  
Mas  
Project**

Maternal Advocacy and Support

If you would like to join a peer support group and talk with other mums who have experienced maternal mental health related issues, contact one of our Mas Hubs.

The Mas Project will take place in 8 Women's Centres :

Windsor Women's Centre :

**02890 235451**

Falls Women's Centre:

**02890 327672**

Greenway Women's Centre:

**02890 799912**

Atlas Centre, Lisburn:

**02892 605806**

Ballybeen Women's Centre:

**02890 481632**

Footprints Women's Centre:

**02890923444**

Women's Centre Derry/ Strathfoyle:

**02871 267672**

Women's Resource & Development Agency: [info@wrda.net](mailto:info@wrda.net)

<https://wrda.net/perinatal-mental-health-and-the-mas-project/>

