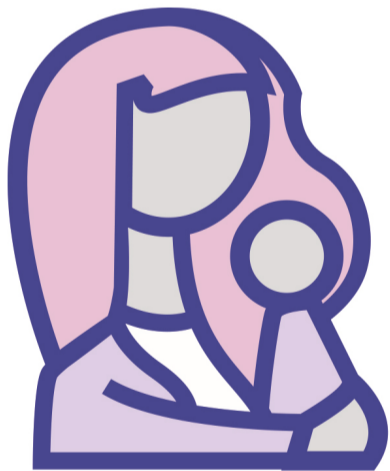


I feel so anxious and scared all of the time. I'm worried for the future and of my baby getting sick. Even when the child sleeps, I can't get over because I'm sick with worry



**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

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

