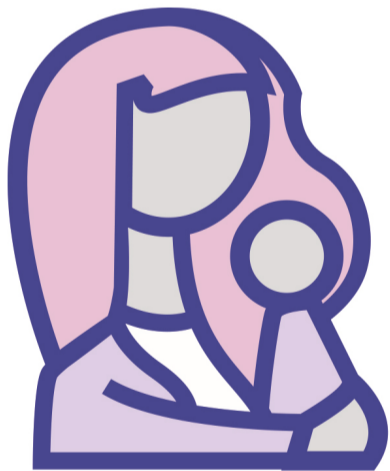


I was anxious about giving birth beforehand but having to go through it all alone due to the covid maternity restrictions was petrifying. Since the baby was born there hasn't been much support, I wasn't able to get out and talk to people and my parents have health problems so were afraid to visit.



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/>

