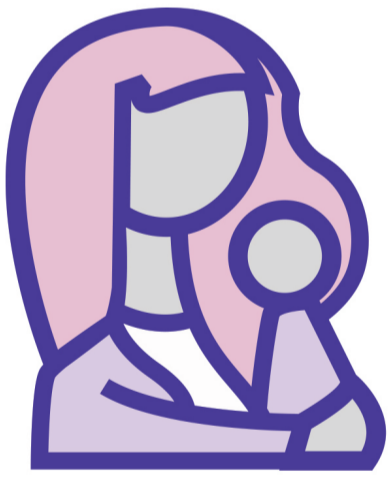




**All I did was cry, I was so tired and felt scared to say I didn't feel good. I didn't want people to think I was a bad mother. I knew I was trying so hard but I don't know if it was good enough**



**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/>

