

# Maternal Mental Health Awareness Week 3-7th May 2021



Join us each day  
to learn more about  
steps you can take to  
look after your mental  
health during pregnancy  
and in first few years of  
motherhood:  
[tinyurl.com/3nw8sd6t](https://tinyurl.com/3nw8sd6t)

The journey to recovery is  
made of many little steps

#myjourneytorecovery

#MaternalMentalHealthAwarenessWeek