

**Greater
Manchester**

**Health and
Social Care
Partnership**



Maternal Mental Health Awareness Week 2021

Your Journeys to recovery

#pmhpyourjourneytorecovery

Recovery starts when we commit to value ourselves and do what we can to help move forwards one step at a time.

The journey to recovery can be bumpy and at times we can feel lost without a map. Travelling this journey with others can help us navigate the bumps.

When the road ahead feels long and you feel weary, gather strength from the stories of other mums who have travelled the road before you. You are not alone.

Positive accounts to follow on Instagram-

- @motherlyloveUk
- @mothers.wellness.toolkit
- @DadMatters
- @perinataalmhpartnership
- @PNDandMe
- @P_m_h_support
- @vik_coffee_chill_and_spill
- @eviecanavan
- @smilepeersupport

Helpful Podcasts-

- Happy mum, happy baby
- Mother kind
- The dadcast
- Father nation
- Motherhood in black and white
- The Doula UK Podcast

Encouraging Vlogs and videos-

- Greater Manchester Perinatal and Parent Infant Mental health <https://youtu.be/dOUqjKXrmek>
- My Antenatal Depression story <https://youtu.be/XMZEqGpfNR8>
- My postpartum psychosis personal story <https://youtu.be/NLtY7BN2inI>
- One mum shares her experience of perinatal anxiety https://youtu.be/a_qySkyfC1E

"When a mother somewhere forgives herself for being human, earth exhales a little."

- Breeze

