

Recently had a baby and feeling low?

Can't stop crying and don't know why?

Would you like to speak to other mums who
feel the same?

Come to our Support Groups

Rossington Family Hub on Tuesdays 1-3pm

Bentley Family Hub on Thursdays 1-2.30pm

For more details: 0114 4388962
contactus@lightsheffield.org.uk

SHEFFIELD, ROTHERHAM AND DONCASTER PERINATAL MENTAL HEALTH SERVICE

PROVIDED IN PARTNERSHIP BY:

SHEFFIELD HEALTH AND SOCIAL CARE NHS FOUNDATION TRUST

ROTHERHAM DONCASTER AND SOUTH HUMBER NHS FOUNDATION TRUST

LIGHT PRE AND POST NATAL SUPPORT