



WHAT IF I
LOSE THIS BABY?

Why am I
having regrets?

“ I’m too young
to have a baby ”

“ I feel like I
am drowning! ”

Will my partner
support me?

WHAT WILL THIS
PREGNANCY DO TO MY
OTHER CHILD?

I feel
isolated

WHY AM I SO
WORRIED?

I am so
vulnerable

AM I LETTING MY
FAMILY DOWN?

Well-being for women

“ Why am I
having weird
dreams? ”

Will I lose
my friends?



WHY DID THIS
HAPPEN TO ME?

I have lost
myself

I FEEL
FORGOTTEN

Do I want
this baby?

Will having this baby
affect my career?

“ Am I wrong to
not want this
pregnancy? ”

AM I SUPPOSED TO BE
ENJOYING THIS?

WHAT HAPPENS NEXT?

Why do I feel
so guilty?

IF YOU FEEL YOU MAY BENEFIT FROM ANY OF OUR SERVICES
THEN PLEASE CONTACT MOTHERS MATTER:

MOTHERSMATTER20@GMAIL.COM 07393 316 301



WHY MOTHERS MATTER

Our aim and passion is to stop women and families getting to crisis point. Our mission is to work alongside vulnerable women and their families to ensure we meet all of their health and social needs, to encourage and empower good mental health.

The NHS and frontline workers are under huge amounts of pressure and we believe our CIC could make a huge difference.

HOW WE CAN HELP:

Our support helps build self-esteem and guide mothers to overcome perinatal and mental health problems.

Some of the services we would look to offer are:-

- Support
- Counselling
- Supervision
- Peer support
- Birthing buddies
- Pregnancy pals



Mothers Matter has been developed to offer a service to perinatal women and their families that surround them. We are here to meet all of their needs and make a difference.

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