

MOTHERS MATTER

Perinatal Mental Health

Our team are here to support pre- and post-natal women, men and their families overcome perinatal mental health.

Mothers Matter offer different areas of support, enabling mums and dads to find something that works for them.

We strive to support women through their pre- and post-natal journeys. Our aim is to reduce the number of women and men getting to crisis point.

Will my partner support me?

I'm too young to have a baby

Why am I having regrets?

I feel really overwhelmed

I can't do this.. Why is it so hard?

Why am I so worried?

Our Services

- Community Home Support
- FREE Counselling
- Helpline
- Baby Massage
- Peer Support Groups
- Baby Loss Project
- Education, Learning and Wellbeing Workshops
- Baby and Toddler Groups
- Cuddles Baby Bank



LISTEN, UNDERSTAND, EMPOWER

Unit 2 Crown Buildings, Tonypany, CF40 1QF
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MOTHERS MATTER

Techyd Meddwl Amenedigol

Mae ein tîm yma i gefnogi menywod cyn ac ôl-enedigol, dynion a'u teuluoedd i oresgyn iechyd meddwl amenedigol.

Mae Mothers Matter yn cynnig gwahanol feysydd cymorth, gan alluogi mamau a thadau i ddod o hyd i rywbeth sy'n gweithio iddyn nhw.

Rydym yn ymdrechu i gefnogi menywod trwy eu teithiau cyn ac ôl-enedigol. Ein nod yw lleihau nifer y menywod sy'n cyrraedd pwynt Argyfwng.

*A fydd fy
mhartner yn fy
nghefnogi?*

*Rwy'n rhy ifanc
i gael babi*



*Pam ydw i'n
difaru?*

*Rwy'n teimlo'n
agored i niwed*

*Ydw i fod i fod yn
mwynhau hyn?*



*Pam ydw i mor
bryderus?*

Ein Gwasanaethau

- Gwasanaeth Gofal yn y Cartref
- Cwnsela
- Llinell Gymorth
- Tyllino Babi
- Grwpiau Cymorth Cyfoedion
- Prosiect Colli Babanod
- Gweithdai Addysg, Dysgu a Lles
- Hyfforddiant Grwpiau Babanod
- Cwtsh Plant Bach



GWRANDO, DEALL, GRYMUSO

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