

# Being a new or expectant parent during lockdown can be extra stressful

If you are struggling with your mental health you are not alone



## Local services are here to help you through this difficult time

To find out more speak with your GP, Midwife, Health Visitor or click on the following link for specialist services in perinatal mental health and parent infant mental health in Greater Manchester:  
<https://hub.gmhsc.org.uk/mental-health/perinatal-and-parent-infant-mental-health-2/>