

## If things don't feel quite right, talk to us

## Mental health helpline for parents-to-be and parents of new babies

Mental health difficulties can occur during pregnancy and up to two years following birth and can affect women, partners and co-parents.

Mental health difficulties may need support, so if things aren't quite right you can talk confidentially to one of our trained advisors.

Text **KENT** to **85258** for free, or phone **0800 107 1060** For more information visit

kent.gov.uk/familyhub/mentalhealthhelpline