

## Support for Young Mums

If you are between 16 and 19, and pregnant or have a baby under 2, you can come for FREE weekly counselling on Thursday afternoons.

The early months and years can be the hardest...  
If you are:

- Stressed
- Depressed
- Angry
- Lonely
- Finding it hard to cope
- Anxious about the future
- Worried about relationships

*We offer a safe space to talk*

Text, Whatsapp or voicemail us on:

**07899 661 081**

email: [young@mums-aid.org](mailto:young@mums-aid.org)

We provide our counselling in the Brookhill and Mulgrave Children's Centres in Woolwich. It's free and there's a free crèche.



Counselling can be an opportunity to talk freely and safely, and be listened to without judgement. Our counsellors are approachable and aware of the importance of trust.

We can offer up to 24 counselling sessions. You can keep your baby with you or use the free crèche on site to have some time for yourself.

**MumsAid** provides free counselling for women experiencing emotional or mental health difficulties during pregnancy or after having a baby.

**YoungMumsAid** is funded by Children in Need.

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