



Mamma  
till Mamma

# To the new or soon-to-be parent – how are you?

**Mamma till Mamma is a central non-profit organization with a main focus on the mental health connected to pregnancy, childbirth and infancy. We offer support and information – both to you who is affected – and to you as a relative.**

At Mamma till Mamma, you have the opportunity to ventilate your difficult thoughts and feelings. If you feel depressed, anxious or in some way unsatisfied, you are far from alone. Sometimes it can be a relief to vent all the thoughts and feelings that one carries.

When you contact us, you are put in contact with a 'co-parent', who is a person with own experience of mental illness connected to becoming a parent, but who is doing well now.

All of our co-parents goes through a solid recruitment process, and receive both basic and ongoing training during their time at us. They have a duty of confidentiality.

Mamma till Mamma has an appointed expert group that assures the quality of the organizations work. The group of experts consists of psychologist, obstetric nurses, researchers, obstetricians/gynecologists, midwives, psychiatric nurse specialists, doulas and peer supporters.

If you are a parent, partner or relative, you are welcome to contact Mamma till Mamma for support and information.

Email us at:

**[medmamma@mammatillmamma.com](mailto:medmamma@mammatillmamma.com)**

We know that with the right support and help there is a great opportunity for parents and families to feel good again.

Read more at **[mammatillmamma.com](http://mammatillmamma.com)**



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