



Are **someone close to you**  
having a difficult time in  
parenthood?

**You are not alone.**

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**Mamma till Mamma is a non-profit organisation founded in 2017 that offers support, connection and understanding to people experiencing mental health challenges in connection with becoming a parent or parenthood.**

Supporting someone who is having a difficult time can bring many thoughts, emotions and questions. You do not have to carry them alone.

We also offer support for partners and relatives. You will meet someone with lived experience and space to talk about what feels difficult.

All of our support parents are bound by confidentiality.

## How do I get in contact?




Send us an email at:  
[medmamma@mammatillmamma.com](mailto:medmamma@mammatillmamma.com)  
Tell us a little about your situation so that we can match you with the most suitable support parent for you.



Once we have read your email, we will connect you with a support parent who will get in touch with you.



Together, you will have a safe space to talk through thoughts and feelings.



For more information  
Scan the QR-code or visit  
[www.mammatillmamma.com](http://www.mammatillmamma.com)