



Mamma
till Mamma

Hi there parent or parent-to-be, how are you, really?

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. We are also here for partners and relatives.

Sometimes parenthood is far from what you expected. It may involve mental ill health, but it can also be worry, anxiety, loneliness, difficult birth experiences, identity changes or simply feeling that something is not right.

You do not need a diagnosis to reach out to us. It is enough that something feels difficult.

When you contact us, you will be connected with a support parent - a peer supporter with lived experience of struggling during parenthood, who now uses that experience to support others.

We listen, explore together and stay beside you. We do not solve situations - but you do not have to go through them alone.

All of our support parents go through a thorough recruitment and training process and are bound by confidentiality. Our work is quality assured by an expert network including professionals in psychology, maternal and child healthcare, psychiatry, research, obstetrics, peer support and related fields.

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

Email us:
medmamma@mammatillmamma.com

We believe that with the right support, understanding and time, parents and families can find their footing again.

For more information
www.mammatillmamma.com



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