

Every Child Matters – you Matter too!

Being a parent can be very rewarding but also very stressful at times and it can be hard to know how to cope with these feelings.

Along with this you may be feeling overwhelmed with other problems for e.g. money worries, relationship and/or housing issues.

About 1 in every 6 people will experience anxiety or depression at some time in their life.

Sure Start Whitley



where every child matters

A Sure Start Children's Centre



10 Ways to look after yourself

1. Take a break
2. Talk about your feelings
3. Eat well
4. Keep active
5. Drink sensibly
6. Keep in touch
7. Do something you're good at
8. Accept who you are
9. Care for others
10. Ask for help

Anna is a trained nurse specialising in emotional wellbeing and is available to talk to.

Please speak to your Health Visitor, or a member of the Sure Start team on **0118 9207510**.

Alternatively you can ring or text Anna directly on **07982432885**.

This is a confidential service and appointments can be at home or at the health clinic.