

**World Maternal
Mental Health Day
1st of May 2024**



Minding Me

Supporting Expectant and New Mothers in
Dublin South, Kildare and West Wicklow

Let's Connect

**Becoming a mother can be
lovely but sometimes lonely**

**To combat loneliness, let's make connections
with new mothers in our communities**

**To learn more visit
www.themotherhoodprogramme.ie**



Join Our Campaign

We're asking you to support women and their families by sharing the message on this postcard.

Please **take a picture of the front of this postcard** and **share on your social media platforms** on World Maternal Mental Health Day, the 1st of May, and during the week of the 29th of April till the 3rd of May.

If you can, please also ask your friends and family to share and re-share.

Help Spread the Word

Please pass this postcard to another mother, friend, or stranger.

When posting to social media you could use the below description:



Motherhood is a journey filled with love, but at times can be isolating.

Join our campaign to combat loneliness in motherhood and help create a supportive community where every mum feels connected.

So Let's Connect.

Visit www.themotherhoodprogramme.ie for info.

#maternalmentalhealthmatters
#mindingmeDSKWV #letsconnect