

Charitable Donations

Our charity is run by Mums to support Mums. We do not charge for any of our services. If you would like to make a donation please contact:

www.postnatalillness.co.uk
or telephone:
Charlotte 01727 826627
Petra 01727 823466

Postnatal illness is known as 'the silent epidemic'. With your help we are determined to break that silence throughout Hertfordshire.

Registered Charity No. 1107512

Hertfordshire Postnatal Illness Support

www.postnatalillness.co.uk
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Petra 01727 823466

Offering Support,
Information and Advice



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Common Symptoms of Postnatal Illness

Depression
Anxiety
Panic Attacks
Constant Tiredness
Insomnia
Irrational Fears
Phobias
Unexplained Physical Pain
Loss of Appetite
Tearfulness

We Can Help You!

If you are continually experiencing any of these symptoms you may have postnatal illness.

We offer the following services

Telephone Support

You can talk to a Mum who has had postnatal illness. She can offer support, reassurance and advice on how to cope.

Monthly Group Meetings

The monthly group meetings take place on an evening to allow space away from babies and family. They are held in a home setting to provide an informal space for discussion.

E-Mail Support

You can email us for information, advice and emotional support.