



**Minding Me**  
Supporting Expectant and New  
Mothers in Kildare West Wicklow

LET'S BREAK THE SILENCE

Up to 1 in 5 women  
experience maternal mental  
health difficulties.

To learn more visit:  
[www.parentingsupport.ie/mmh](http://www.parentingsupport.ie/mmh)



World Maternal  
Mental Health Day

