

**Being at home alone with your baby  
can be difficult for any parent.  
The isolation of lockdown can make  
this extra stressful**

**If you are  
feeling lonely  
you are not  
alone**

**Help and support is available:**

**Home-Start:** <https://www.home-start.org.uk/>

**Best Beginnings online support:** <https://www.bestbeginnings.org.uk/see-hear-respond>

**Dadmatters:** <https://dadmatters.org.uk/>

**SPOONS Neonatal Family Support in Manchester:** <https://spoons.org.uk/>

**Proud2bparents:** <http://www.proud2bparents.co.uk/>

If you need someone to talk to, text BABYBUDDY on 85258 or call the Samaritans on 116123. Both services are available free and open 24 hours a day

**Speak to your Health Visitor for more support**