

# Not all new parents feel great

North Yorkshire Talking Therapies  
can help you with difficult thoughts  
and feelings.



for anxiety and depression

We are here for new and expecting parents.  
Please refer yourself. Whenever you're ready.

Scan the QR code or visit our website  
[northyorkshiretalkingtherapies.co.uk](http://northyorkshiretalkingtherapies.co.uk)  
Or, if you feel more comfortable, you can  
speak to your GP, midwife or health visitor.

