

# Why I shouldn't tell someone how I feel?



Judged by family,  
friends and employer

Guilt - it's my fault  
I feel like this

Shame - I should be  
able to cope with this

I will be labelled  
as a bad parent

I'll be made to take  
medication that I will  
become addicted to

Ungrateful -  
I should be happy  
after having a baby

People won't believe  
me and think I'm just being  
lazy or wanting attention

They will think I'm  
not fit to be a parent  
and will take my  
children away

I will be locked up  
in a mental health  
facility

Project partners:

# Why should I tell someone how I feel?



Professionals want the best for me and my family and want me to succeed in being a parent

I will learn that I'm not at fault

I will learn that I'm not alone and that being a parent is hard. It's okay to ask for help

The treatment I have is my choice and guided by professionals who have the knowledge and understanding

My road to recovery will start straight away



Supported by family, friends and employers

I am not ungrateful, lazy or seeking attention, I'm unwell

Receive the support I need

Being unwell doesn't mean I will need a mental health facility, but if I do, it will be a specialist unit to provide me and my family the support we need

Project partners:

