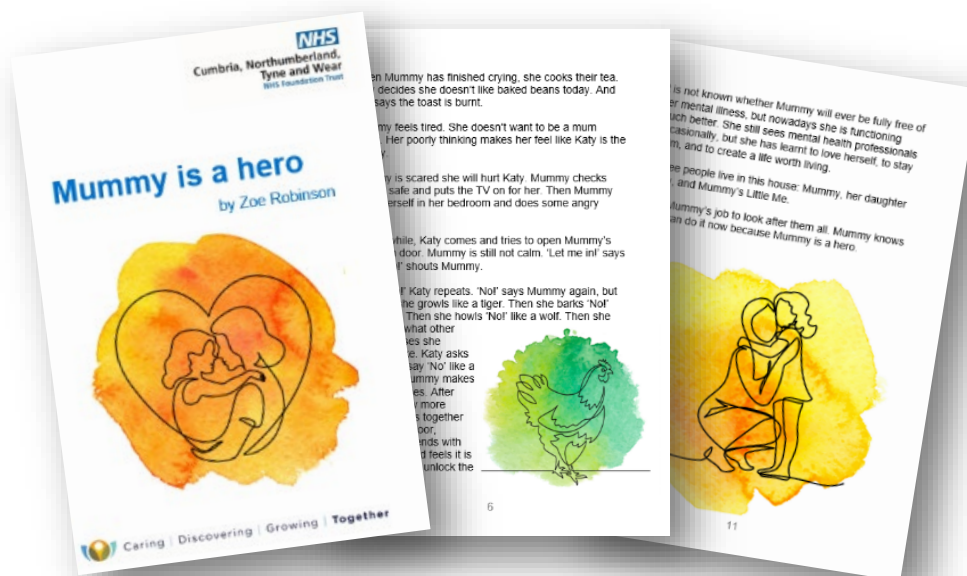


Mummy is a hero

This booklet is written by a long-term user of mental health services. She had a traumatic childhood, which shaped her personality and affected her mental health. When she became a mother, her mental health struggles worsened. This is an account of how she managed her severe and ongoing emotional distress while also fulfilling her role as a parent. It includes strategies that she put in place to protect her child's well-being.

This booklet is for **parents**, and aims to inspire them to seek as much therapy as possible so that they can learn to heal themselves and protect their children's future mental health.



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