

## **Comment piece for The Telegraph**

As seven local family support charities across Greater Manchester, we read this article with some interest.

For over forty years, Home-Start has been providing emotional and practical support to families struggling to cope; regardless of the reason. But one of the most common reasons for support is Post Natal Illness.

We have found that it's an area of mental health, little understood and recognised. Yet it can have devastating consequences on both parents and their young families. (We shouldn't forget that dads are affected by this illness too).

As a vital early intervention charity that offers tailor-made support to each individual family, we have seen for ourselves the impact that Post Natal Illness has on mums with older children, not just those with babies.

We find that in the early days, new mums receive a lot of care and attention, (in most cases), but when health professionals withdraw their support, new parents can feel alone, isolated and wondering who to turn to.

Home-Start's core aim is to support any parent with a child under the age of five, and that's why we welcome this new research; raising on a public platform what we at Home-Start have seen for years- that Post Natal Illness can, and does, affect those mums with older children.

Home-Starts in Greater Manchester.

## **Letter to Editor**

**Sir-**

As seven family support charities across Greater Manchester, we welcome this new research into Post Natal Illness affecting mothers with older children. (Depression Affects Mothers most when child is four years old).

One of the most common reasons for parents asking for Home-Start support is for Post Natal Depression. We have found that it's an area of mental health, little understood and recognised. Yet it can have devastating consequences on both parents and their young families. (We shouldn't forget that dads are equally affected by this illness).

Through offering non-judgmental, tailor made support such as Home-Start, mums can begin to recover from this illness that impacts so greatly on a young family.

We urge all health professionals to now recognise the fact that Post Natal Illness can affect mums with an older child, not just a baby. And for them to start signposting mums to an early intervention support service such as Home-Start.

Sarah Cook (Contact details- name, address, work and home numbers)

**Home-Starts across Greater Manchester**