Having a baby?  
Had a baby?  
How are you feeling?

For more information visit…
www.croydonhealthservices.nhs.uk/health-visitors

You will find out about the feelings and symptoms you may have noticed and might experience, who can help, how to look after yourself, emergency contacts and support groups that you can access.

Other useful information can be found at…
www.croydon.gov.uk/beststart