

Covid-19: Looking after your emotional well-being during pregnancy and post-pregnancy



Free online talk with HSE Senior Clinical Psychologist
Dr Jeananne Garavan

Tuesday May 19th @ 11AM

To book a place on this [online talk](#)

Call: 094 9042281

Email: martin.oreilly2@hse.ie

(Please register your interest before 1pm on 18/05/20)

In regular times having a baby can be both a joyful and worrisome experience. Because of the coronavirus pandemic, expectant parents and parents of newly born babies may feel all the more distressed and anxious at this uncertain time.

If you are expecting a baby or have recently had a baby (0 to 12 months) we would like to invite you to this online talk that will explore common anxieties and sources of stress associated with having a baby during covid-19 as well as specific practical and psychological support strategies that can help you best manage and care for yourself and your new born.

The talk will also include tips on bonding with your new born and the relevant support services available.