TalkBack Newsletter

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| Dear Marilyn,Did you know? A child with a parent or carer who has a mental health condition, is **70% more likely to develop one themselves.**That's why in this edition of TalkBack, your supporter newsletter, we want to show you how we are preventing mental health problems by supporting parents and families, and making sure that they all get the help and care they need.We want to be able to bring this level of support to more families, and safeguard mental health well into the future.

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| [**Find your TalkBack here!**](https://eml-peur01.app.blackbaud.net/intv2/j/27974F08-33D6-4EA3-A0B1-76BA96F47221/r/27974F08-33D6-4EA3-A0B1-76BA96F47221_a07028c9-f0ee-4e41-88d7-def99fa00d98/l/5D3093BB-3A10-4EC8-958D-BB34FA0FFF84/c) |

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In this edition: We spotlight three amazing programmes working with lone parents, young mums, and women who experience mental health problems before or after giving birth.We'll also give you a short round-up of the our Mental Health Awareness Week activities, including taking a flying visit to Northern Ireland, and reporting on the crucial research into anxiety that made the week such a force.

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| [**Download your TalkBack**](https://eml-peur01.app.blackbaud.net/intv2/j/27974F08-33D6-4EA3-A0B1-76BA96F47221/r/27974F08-33D6-4EA3-A0B1-76BA96F47221_a07028c9-f0ee-4e41-88d7-def99fa00d98/l/3AA18D25-B82E-4DE0-A35A-C3096C2A93E7/c) |

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**If you are able, please consider supporting this work with a donation today so that we are able to be there for more families.**

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| [**Donate today**](https://eml-peur01.app.blackbaud.net/intv2/j/27974F08-33D6-4EA3-A0B1-76BA96F47221/r/27974F08-33D6-4EA3-A0B1-76BA96F47221_a07028c9-f0ee-4e41-88d7-def99fa00d98/l/DFBCB4F0-D9BB-43BE-A707-7EF3D560B580/c) |

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The only way to tackle mental-ill health is head on. As you'll see in this edition your support for our movement of prevention is changing lives already - let's keep going.Thank you so much,IsabelMHF Team  |

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