

Infant Mental Health Awareness Week - June 12th - June 18th, 2023

Infant Mental Health Awareness Week raises awareness each year of the importance of the First 1001 days.

This year's theme ***Bonding Before Birth*** focuses on pregnancy, and how what happens during this time can impact a baby's future mental health and well-being.

Practitioners from services and disciplines across the Southern Trust area have produced a series of short videos for parents and those working to support families relating to the theme.

A sample of videos will be highlighted across our Social Media platforms throughout Infant Mental Health Week.

All videos can be viewed through the link below.

<https://tinyurl.com/2he9b8nf>

