**Mental Health Resources during the Perinatal Period**

**General Resources**

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|  | Aim | Contact Details |
| Mind | Anyone experiencing a mental health problem. Provide advice, support and to empower. | **Infoline**, confidential help for the price of a local call. Infoline: 0300 123 3393 Email: info@mind.org.uk Post: Mind Infoline, PO Box 75225, London, E15 9FS  Infoline provides an information and signposting service. We're open 9am to 6pm, Monday to Friday (except for bank holidays).  **Legal Line**, which provides information on mental health related law to the public, service users, family members/carers, mental health professionals and mental health advocates. Legal line: 0300 466 6463 Email: legal@mind.org.uk Post: Mind Legal line, PO Box 75225, London, E15 9FS  Our Legal line provides legal information and general advice on mental health related law. We're open 9am to 6pm, Monday to Friday (except for bank holidays).  **Side by Side community** is a safe place to share experiences and listen to others. The community is available to all, 24/7.  Side by Side is moderated daily from 8.30am to midnight. |
| The Samaritans | Whatever you're going through, a Samaritan will face it with you. We’re not religious. The link between our name and any religious text is completely coincidental. | Tel: 116 123, 24/7 helpline  Email: Jo@samaritans.org (usual response withing 24 hours)  Freepost SAMARITANS LETTERS  You can explain your situation in as much detail as you feel comfortable with and we'll aim to reply within 7 days. A hand-written response that you can keep and refer to may also suit you better. |
| Saneline | If you’re struggling with mental illness, or you’re caring for someone and would like to get in touch, we’re here for you. | Tel: 0300 304 7000  365 days a year from 4:30pm to 10:30 pm  Leave a message on 07984 967 708 giving your first name and a contact number, and one of our professionals or senior volunteers will call you back as soon as practicable.  Email: support@sane.org.uk (responds asap)  There is an online support forum and text care service and you can share experiences with others in our online peer-led forum. |
| Kooth & Qwell | An online mental wellbeing community.  Free, safe and anonymous mental wellbeing support for adults (Qwell) and children (Kooth) throughout the UK. | <https://www.qwell.io/>  <https://www.kooth.com/> |

**Herefordshire**

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|  | Aim | Contact Details |
| The Marches | Counselling & Psychotherapy A Professional & Confidential Service helping people in Herefordshire and the Marches experiencing personal distress. | Tel: 01432 279 906  Monday to Friday between 10.00 and 13:00  Email: [marches.counselling@gmail.com](mailto:marches.counselling@gmail.com)  Marches Counselling Service 57 St Owen Street, Hereford, HR1 2JQ |
| Mind | Our aim is that no one in Herefordshire should have to face a mental health problem alone.  Their services include talking therapies, crisis helplines, drop-in centres, employment and training schemes, counselling and befriending. | Tel: 01432 271643  Email: info@herefordshire-mind.org.uk  130-132 Widemearsh Street, Heffernan House, Hereford, HR4 9HN |

**Worcestershire**

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|  | Aim | Contact Details |
| The Bridge Counselling Service | Offers help for a range of issues including: depression, loss and bereavement, anxiety, relationship problems, abuse, confusion and despair.  The Bridge do not charge for counselling, but we do encourage clients to contribute what they can afford. | Tel: 01905 731850 Monday -Thursday between 2 - 4pm  Email: admin@b-c-w.org.uk  The Angel Centre, 1 Angel Place, Worcester WR1 3QN |
| The Well Counselling  Malvern | Offers free help for a range of issues including;  Anxiety and panic attacks,  Bereavement and loss,  Confidence and self-esteem,  Confusion, despair, sadness or anger, coping with illness or disability, depression, difficulty coping with everyday issues, relationship issues, stress, violence and abuse and work related issues. | Email: [info@thewellcounselling.co.uk](mailto:info@thewellcounselling.co.uk) / Tel: 01684 563456  Leave a message on our answer phone on. Messages and emails are checked daily and responded to within 24 hours during the working week  The Lyttelton Well, Church Street, Malvern, Worcestershire, WR14 2AY |
| Mind  Telephone Triage Service | Anyone who feels they are experiencing a mental health crisis or a family member of someone who is experiencing a mental health crisis. | Tel: 0808 1969127 24/7  Enquiries: 01789 298615  Email: enquiried@springfiralmind.org.uk  Based within Crisis Resolution Team |

**Any Baby Loss (IVF, ectopic, molar, termination, miscarriage, stillbirth, neonatal)**

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|  | Aim | Contact Details |
| Cruse | Any bereavement.  Helps people understand their grief and cope with their loss. | Tel: 0808 808 1677  Monday: 9.30am-5pm,  Tuesday- Thursday 9:30am – 8pm, Friday 9:30am – 5pm,  Sat – Sun 10am – 2pm.  [Cruse Chat | Chat online with a grief counsellor](https://www.cruse.org.uk/get-support/crusechat/)  9am – 9pm Monday to Friday. |
| Tommy’s | Provide’s support, information and videos of real life experiences.  - Ectopic  - Molar  - Miscarriage  - Stillbirth  - Terminating for medical reasons  - Neonatal death  - IVF  - Pregnancy after loss | Tommy’s midwife helpline: 0800 0147 800  free of charge from 9-5 Monday to Friday  Email [midwife@tommys.org](mailto:midwife@tommys.org)  Facebook group of the baby loss community to connect with each other, ask questions, share advice in a safe and private environment, and offer mutual support to one another.  <https://m.facebook.com/groups/Tommysblsupport/about> |
| Twins Trust | To support all parents and carers of twins, triplets or more who have died whether it was during or after pregnancy.  To offer support and advice through peer to peer contact;  Befriending Group,  Facebook Group,  Resources and  Personal Stories. | Email: [enquiries@twinstrust.org](mailto:enquiries@twinstrust.org)  https://twinstrust.org/bereavement.html  Bereavement befriender request form online  Online Support Group Meeting, email: bereavementsupport@twinstrust.org |
| Petals | Working towards providing a nationwide specialist counselling service for parents affected by any of the following:MiscarriagePoor pregnancy diagnosisStillbirthNeonatal lossAntenatal anxiety following a previous loss/losses | Tel: 0300 6880068  Email: counselling@petalscharity.org  Access more service details online. |

**Herefordshire**

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|  | Aim | Contact Details |
| Cruse | Bereavement Support. Helps people understand their grief and cope with their loss. | Tel: 01432 359 469 |
| The Madison Shelbie Trust | Provide bereavement support in labour wards in Hereford County Hospital and Worcester Royal Hospital for parents and families affected by the loss of a baby during pregnancy or shortly after, to help reduce distress and provide emotional support to them. With trained befrienders, who have also been impacted by a loss. They offer one to one support, and/or access free resources and counselling for as long as needed. | On Facebook  Email: madisonshelbietrust@gmail.com |

**Worcestershire**

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|  | Aim | Contact Details |
| Cruse | Bereavement Support. Helps people understand their grief and cope with their loss. | Tel: 01905 2222 |
| Cedar Tree | Offering free and confidential support with Pregnancy Choices and Pregnancy Loss to anyone:  Who has experienced loss through a miscarriage or stillbirth  Who is struggling:  With an unplanned pregnancy  After an abortion  After a medical termination for abnormality  With a loss following IVF  We provide friendly, caring support in Worcestershire to women and men of all ages. | Tel: 01905 616166 Call or Text: 07896 619564 Email: support@cedartree.org.uk  Contact us by phone / text or email and we will be able to offer you an appointment during these times (or an alternative more convenient time).  Tuesday: 9.30am - 4.30pm  Wednesday: 10am - 12pm Thursday: 9.30am - 4.30pm  The Angel Centre, 1 Angel Place, Worcester, WR1 3QN |
| The Madison Shelbie Trust | Provide bereavement support in labour wards in Hereford County Hospital and Worcester Royal Hospital for parents and families affected by the loss of a baby during pregnancy or shortly after, to help reduce distress and provide emotional support to them. With trained befrienders, who have also been impacted by a loss. They offer one to one support, and/or access free resources and counselling for as long as needed. | On Facebook  Email: madisonshelbietrust@gmail.com |

**Ectopic Pregnancy**

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|  | Aim | Contact Details |
| The Ectopic Trust | Provide information, education and support to those affected by early pregnancy complications and to the health care professionals who care for them. | Tel: 020 7733 2653 to request a callback (24 hour answering service)  Online contact form via website to access further support  www.ectopic.org.uk |

**IVF/Fertility**

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|  | Aim | Contact Details |
| Fertility Network UK | Offers advice and support for people dealing with infertility problems and/or facing a life without children. | Support Line:  Mon, Wednesday and Friday 10 am – 4pm  Tel: 0121323 5025  Email: support@fertilitynetworkuk.org  Tuesday and Thursday 10am – 4pm  Tel: 07816 086694  Email: janet@fertilitynetworkuk.org |

**Miscarriage**

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|  | Aim | Contact Details |
| The Miscarriage Association | Provide key information and support following a miscarriage, molar pregnancy or ectopic pregnancy.  Information for family, friends, colleagues and health professionals (extensive free leaflets with information and advise) | Tel: 01924 200799  Monday to Friday: 9am - 4pm  Email: info@miscarriageassociation.org.uk  Live Chat: Via website Monday – Friday 10am to 3pm  Online Support via Facebook and forum  Support Group via Zoom email: juanita@miscarriageassociation.org.uk |

**Still Birth and Neo-Natal Death**

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|  | Aim | Contact Details |
| Sands | Sands provides bereavement support services following pregnancy loss, stillbirth and neonatal death. Provided through its Freephone helpline, mobile app, online community and resources | Tel: 08081 643332  10am to 3pm Monday to Friday and 6pm to 9pm Tuesday, Wednesday and Thursday evenings.  E[mail helpline@uk-sands.org](mailto:helpline@uk-sands.org)  Grief chat, online type service with trained bereavement counsellor Mon-Fri, 9am to 9pm  Bereavement App  Online community (via website) and Facebook Support Group |
| The Lullaby Trust | Confidential bereavement support to anyone affected by the sudden and unexpected death of a baby or young child.  This support is here whenever you need it, whether the death was recent or many years ago.  Phone support  Webchat support  Email  Facebook  Befrienders | Tel: 0808 802 6868  Monday – Friday: 10am-5pm Weekends and public holidays: 6pm–10pm  Email: support@lullabytrust.org.uk  You can also talk to us via webchat on weekdays 10am-12pm.  [The Lullaby Trust Bereavement Support Group | Facebook](https://www.facebook.com/groups/382346555850908/?source_id=304495263013632) |
| Child Bereavement UK | Supports families when a baby or child of any age dies or is dying, and when a child is facing bereavement.  They have a helpline, face-to-face groups and information resources for families across the UK.  Their vision is for all families to have the support they need to rebuild their lives | Tel: 0800 0288840  Monday to Friday, 9am – 5pm  Email: support@childbereavementuk.org  Live Chat via website |
| The Compassionate Friends | An organization of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children. | Tel: 0345 123 2304  Daily: 10am to 4 pm and 7pm to 11pm  Email: www.tcf.org.uk |

**Herefordshire**

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|  | Aim | Contact Details |
| Sands | Provides local support for bereaved parents, including a befriending service and local meet ups and events. | Email: support.hereford@sands.org.uk  Facebook:  https://www.facebook.com/HerefordSands |

**Termination & Termination for fetal anomalies**

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|  | Who | Contact |
| Antenatal Results and Choices (ARC) | Provides information and support for people who have received a diagnosis after antenatal screening. Offers non-directional individualised information and support to parents who are making decisions around antenatal testing and provides emotional support especially when a serious anomaly has been diagnosed and a choice has to be made about continuing or ending the pregnancy. ARC also provides on-going support to parents through support groups, email, helpline and publications. It also helps health professionals with training courses, conferences and publications. | Tel: 020 7713 7486  Monday to Friday, 10am to 5.30pm  Tuesday and Thursday, 8 – 10pm: email [info@arc-uk.org](mailto:info@arc-uk.org) to arrange an evening call.  Arc forum: access via website for moderated groups for parents who have lost a baby after a prenatal diagnosis. |

**Birth Trauma**

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|  | Aim | Contact |
| The Birth Trauma Association | A charity that supports women who suffer birth trauma – a shorthand term for post-traumatic stress disorder (PTSD) after birth.  We have a team of peer supporters: women who have all experienced traumatic birth themselves and been through a process of recovery | Email: support@birthtraumaassociation.org.uk  Enquiries@birthtraumaassociation.org.uk  Birth Trauma Association Facebook Page, parent support group  Support Line coming soon |

**Resources for Partners**

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|  | Aim | Contact Details |
| Acacia Family Support | **Anybody can get mental health problems when having a baby, at any time of life, irrespective of gender, age, culture or social background and this is no less true of dads/partners.**  **Access information, resources, video, signposting.** | [Acacia Family Support | Postnatal Depression Support Services | Dads / Partners](https://www.acacia.org.uk/dads-partners/)  www.acacia.org.uk/dads-partners/ |
| Make Birth Better | You were there as much as your partner. It’s important that you seek help if you feel you’re struggling. | [www.makebirthbetter.org/support-for-partners](http://www.makebirthbetter.org/support-for-partners) |
| Dads Matter | To provide support for dads worried about or suffering from Depression, Anxiety and Post-Traumatic Stress Disorder (PTSD).  Information and signposting | www.dadsmatteruk.org |
| Dad Pad | Support guide for New Dads | [www.dadpad.co.uk](http://www.dadpad.co.uk) |
| Pandas | We are here, whatever the weather, to offer hope, empathy and support for every parent or network affected by perinatal mental illness. Helpline, email, text support, face to face support groups. | Helpline: 0808 1961 776  11am – 11pm, 7 days a week  Email: [info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk) (aim to respond in 72 hours)  Online support groups accessed via www.pandasfoundation.org.uk |
| The Birth Trauma Association | Advice and signposting. They are in the process of setting up a support network for partners and fathers. | [Fathers/Partners Page - Birth Trauma Association](https://www.birthtraumaassociation.org.uk/for-parents/fathers-partners-page) |
| Father’s Reaching Out | When all new parents are supported for their mental health it has far better outcomes for the whole family | [www.reachingoutpmh.org.uk](http://www.reachingoutpmh.org.uk) |
| Instagram Accounts | Some helpful information can be found on Instagram accounts. | @P\_m\_h\_support @fathers\_mentalhealth @beyond\_birth\_guide @bestbeginningscharity @dadafofficial  @the.dad.vibes @mhsupport4dads  @pandas\_uk @dadpaduk @thedaddysleepconsultant @daddies\_hub @paternalvoices @parentalmentalhealth @theparenteducationcompany @therapy4dads |

**Useful Apps:**

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|  | Aim | Contact |
| Baby Buddy | Aims to empower patients and care-givers to build their knowledge and confidence for the crucial first five years of their child’s life, when foundations are laid. | <https://www.bestbeginnings.org.uk/baby-buddy> |
| Vroom | Science-backed early learning for children from birth to age 5. Access 1000+ fast and fun activities!  Vroom Tips add science-backed early learning moments to mealtime, bathtime, bedtime or anytime. By helping your child to learn now, you get them ready for school, friends and life. The Vroom Brain Building Basics – Look, Follow, Chat, Take Turns and Stretch – turn interactions that happen during shared time into brain building moments. | <https://play.google.com/store/apps/details?id=org.joinvroom.dailyvroom&hl=en&gl=US> |
| Dad Pad | It’s the essential guide for new dads, developed with the NHS. | <https://thedadpad.co.uk/> |
| Mind the Bump | Mind the Bump is a free Mindfulness Meditation App to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent. | <https://www.headtohealth.gov.au/resources/smiling-mind-mind-bump-app> |
| Yellow Alert | The Yellow Alert app contains information designed to make it quick and simple to spot the early signs of liver disease in newborn babies. | <https://childliverdisease.org/yellow-alert/> |
| The Lullaby Trust App | The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for bereaved families. | <https://www.lullabytrust.org.uk/> |
| Bright Sky & Hollie Guard | Apps supporting for those experiencing domestic abuse. | https://www.hestia.org/brightsky  https://hollieguard.com/ |
| Mush & Baby Sparks | Mush brings mums together.  Baby sparks offers online parenting classes | https://letsmush.com/  https://babysparks.com/ |
| Hub of Hope | Suicide support | https://hubofhope.co.uk/ |

**Books:**

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|  | Author | About |
| What Mothers Do | Naomi Stadlen | In this unique and perceptive look at mothering, Naomi Stadlen draws on many year’ work with hundreds of other mothers with a wide variety of ages and backgrounds. She explores mothers’ experiences to reveal what they – and you – are doing when it may look, to everyone else, like nothing. |
| Your Baby is speaking to you | Kevin Nugent | Delivers the information parents crave in gentle, accessible style while giving parents the confidence they need to respond to their own baby’s way of communicating during the very first astonishing days and the months beyond. |
| The Compassionate Mind approach to Postnatal Depression | Michelle Cree | This practical self-help book based on Compassion Focused Therapy will help women to recognise some of the symptoms and, where appropriate, to normalize them, thereby alleviating their distress. It will also guide mothers-to be and new mothers through the maze of confusing feelings that can arise. |
| Becoming Mum | Dr Koa Whittingham | Unique self-help book. It is the first book written to support women, all women, through the psychological passage to motherhood, empowering them to become the kind of mother they wish to be. |
| The Gentle Sleep Book | Sarah Okwell-Smith | The Gentle Sleep Book offers gentle, reassuring and effective solutions to addressing the common sleep problems of newborns to give year olds. |
| Why it Matters. Selection of evidence based guides to pregnancy, birth and parenting | Published by Pinter and Martin | Seeks to steer a course through this sea of information, to give a broad perspective on the topics that affect family life in the 21st century. Readers will find that the books give a succinct, balanced and evidence-based introduction to each subject, giving them a firm framework from which to make confident, informed decisions of their own. |

**Websites**

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|  | Aim | Contact |
| Child Mind Institute | The Child Mind Institute is dedicated to transforming the lives of children struggling with mental health and learning disabilities. | <https://childmind.org/> |
| Make Birth Better | Birth can be distressing sometimes. So much so, it’s traumatizing. Make Birth Better raise awareness, offer support, campaign and aid others in vital research taking place around birth trauma, professional’s wellness and maternal mental health. | <https://www.makebirthbetter.org/> |
| The Lullaby Trust (safe sleep) | The Lullaby Trust raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for bereaved families. | <https://www.lullabytrust.org.uk/> |
| NHS choices Healthy Start & Start for Life | Trusted NHS help and advice during pregnancy, birth and parenthood. | <https://www.nhs.uk/start4life> |
| NHS Ready Steady Baby (Public Health Scotland) | Ready Steady Baby! Is Scotland’s guide to pregnancy, labour, birth and early parenthood. There are 19 easy read booklets and a helpful welcome booklet.  The booklets are split into 3 different sections:   * Pregnancy * Labour and birth   Your baby’s first 8 weeks | <https://www.healthscotland.com/documents/74081.aspx> |
| Institute of Health Visiting | iHV is a UK-wide organization with a web-based Centre of Excellence to strengthen the quality and consistency of health visiting services. | <https://ihv.org.uk/> |
| For Baby’s Sake (breaking the cycle of domestic abuse) | For Baby’s Sake aims to empower parents to break cycles of abuse, to transform the life-chances of whole families and move forward in positive change, starting with the baby. | <https://www.forbabyssake.org.uk/> |
| Association of Infant Mental Health | The UK’s learning membership group for Infant Mental Health Practitioners.  Not for profit organization. AiMH UK was the first organization in the UK to bring together the many different professionals working with infants and familites. | <https://aimh.uk/> |
| Breastfeeding Network | The Breastfeeding Network (BfN) aims to be an independent source of support and information for breastfeeding women and others. | <https://www.breastfeedingnetwork.org.uk/> |
| Bumps | Provides reliable, evidence-based, and accurate information about use of medicines in pregnancy, in the form of freely available patient information leaflets called ‘Bumps’ (Best Use of Medicines in Pregnancy). | <https://www.medicinesinpregnancy.org/> |
| Tommy’s (Pregnancy and Birth planning) | Tommy’s exists to support, care for and champion people, no matter where they may be on their pregnancy journey. | <https://www.tommys.org/pregnancy-information/giving-birth/making-your-birth-plan> |
| HM Government Hungry Little Minds | Has been designed to encourage parents and carers to chat, play and read more with their children. We want to energise parents by making them see that ‘early learning’ isn’t a chore. Far from it, in fact: it takes little time, can happen anywhere and it can easily be interwoven with daily tasks. | <https://www.herefordshire.gov.uk/childrenscentres>  <https://www.worcestershire.gov.uk/info/20643/advice_and_guidance_for_families_early_help> |
| Moodjuice self-help guides | Learn more about common mental health problems and skills to cope with them. | https://astreanetherwood.org/wp-content/uploads/2018/02/Moodjuice-Self.pdf |
| Relate relationship advice for new parents | Being a new parent can be a big challenge. We’re all familiar with the shopworn clichés of life in the first six months: near-sleepless nights, increased pressure on your relationship, having much less free time that you used to, feeling the pinch when it comes to finances. | <https://www.relate.org.uk/get-help/managing-stress-new-parent> |
| Royal College of Psychiatrists | * Promotes the provision of services for childbearing women with mental health problems. * Provides a network of support and information for interested psychiatrists. * Develops educations opportunities for trainees. * Fosters research in perinatal psychiatry. | <https://www.rcpsych.ac.uk/members/your-faculties/perinatal-psychiatry> |