

NATIONAL WELLBEING AND MENTAL HEALTH RESOURCES AVAILABLE TO WOMEN DURING OR AFTER PREGNANCY

The following resources are available nationally.

We have created this resource to help you know about and therefore access the different support services available if you need additional help with your emotional and psychological wellbeing during pregnancy or after birth.

If you need urgent help please contact one of the following:

- **Phone 111 and select the mental health option**
- **Phone Samaritans on 116 123**
- **Text EYUP to 85258**



PANDAS

What is it? A charity offering hope, empathy and support to parents and carers of those affected by perinatal mental health. They offer WhatsApp, telephone and face-to-face support as well as online resources.

How do I access it? Visit their website here:
<https://pandasfoundation.org.uk/>



Right Decisions Maternal Health Toolkit

What is it? This online toolkit provides advice on your mental health when planning a pregnancy, during pregnancy and after your baby is born. The toolkit aims to help you identify when you need support and help you to feel confident communicating with healthcare professionals.

How do I access it? Access the website here:
<https://rightdecisions.scot.nhs.uk/mental-health-in-pregnancy-and-after-birth-sign/advice-for-women-birthing-parents-and-their-partners>

Although the resource has been created by NHS Scotland, you can access the website from anywhere in the UK.



Mind's guide to perinatal mental health

What is it? Mind have lots of information about perinatal mental health and list several organisations that can support you. Their guide provides lots of information to help you understand perinatal mental health conditions and their symptoms.

How do I access it? Visit their website for the guide and see their useful contacts list:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health/useful-contacts/>



Association for Counselling and Psychotherapy

What is it? An organisation that provides information for those considering some form of counselling. They provide information about how you may benefit from counselling. They can provide confidential support via telephone or email.

How do I access it? Visit their website to read about how counselling or therapy can help you:
<https://www.bacp.co.uk/?ac=/>

Telephone: 01455 883 300 (Monday – Friday 10am to 4pm)
Email: bacp@bacp.co.uk



CRY SIS

What is it? CRY SIS is the only UK charity offering help to support parents who are struggling with their babies' crying or sleeping problems.

How do I access it? Find out more on the CRY SIS website:
<https://www.cry-sis.org.uk/>

Telephone: 0800 448 0737 (Monday – Sunday, 9am – 10pm)
Email: info@cry-sis.org.uk



Women's Aid

What is it? A leading charity that shapes and co-ordinates responses to domestic abuse. They provide extensive information and resources for those experiencing any form of domestic abuse.

How do I access it? Go to their website for more information: <https://www.womensaid.org.uk/>

National Domestic Violence Helpline 0808 2000 247 (phoneline open 24/7)

National LGBT+ Domestic Abuse Helpline 0800 999 5428 (phoneline open 24/7)

WELLBEING AND MENTAL HEALTH RESOURCES AVAILABLE TO WOMEN DURING OR AFTER PREGNANCY

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PEANUT app

What is it? PEANUT is an app you can download to your phone or device. You can then connect with other pregnant women and mothers in your local area.

How do I access it? Find out more about the app at their website and then download from your app store.

For apple users: <https://www.peanut-app.io/>

For android users:

<https://play.google.com/store/apps/details?id=com.teampeanut.peanut>



Birth Trauma Chat on X

What is it? A peer support network on X, formerly Twitter, that discusses birth trauma and post traumatic stress disorder (PTSD). The account @MaternityMatters hosts #BirthTraumaChat weekly on Mondays 8pm-9pm. You can also use hashtags #birthtrauma and #PTSD to find the discussion.

How do I access it? You will need an account on X to take part in the discussion.



Maternity Experience Facebook group

What is it? Maternity Experience (MatExp) is a campaign connecting healthcare professionals and parents to identify and share best practice in maternity care. Lots of good resources are shared in this group.

How do I access it? Join their closed forum on Facebook: <https://www.facebook.com/matexp.org.uk>



PND and Me on X

What is it? A peer support network that discusses perinatal mental health. It is run by Rosey who has lived experience of perinatal mental health.

How do I access it? Follow @PNDandMe on X for more information. Get involved with their weekly chat occurring on Wednesdays 8pm – 9pm by using hashtags #PNDHour or PNDFamily.



Birth Trauma Association peer support

What is it? Birth Trauma Association is a charity that supports women who are suffering from post-traumatic stress disorder after birth. Find out more about birth trauma and their peer support services from their website: <https://www.birthtraumaassociation.org/>

How do I access it? Join the peer support group on Facebook here: <https://www.facebook.com/groups/TheBTA/>