

## The MotherMind Way Helpful Contacts

We believe that where there is help, there is hope. And whilst that help may not always come in the shape or form you might have expected, there will be a listening ear somewhere who can provide that valuable sense of being understood, and guide you in what step to take next.

You deserve support and you deserve hope. So if you're feeling stuck, lost, or overwhelmed, please do reach out.

Please note:

- These are UK contacts – [here](#) is a list of international mental health charities provided by The Calm Zone
- We have provided the website details for you so that you can access up-to-date contact information
- This isn't an exhaustive list so if you know of a brilliant contact that needs to be on here, please let us know at [hello@themothemindway.com](mailto:hello@themothemindway.com)

### General contacts

#### Help Guide

<https://www.helpguide.org>

Helping people make changes to help their mental health

#### NCT

<https://www.nct.org.uk>

Information, support and classes for parents

#### The Hub of Hope

<https://hubofhope.co.uk>

Enter your postcode to find local support networks and charities

### Postnatal specific support

#### APP – Action on Postpartum Psychosis

<https://www.app-network.org>

A charity for women and families affected by postpartum psychosis

### **Association for Post Natal Illness**

<https://apni.org>

A listening ear and friendly advice for any mum struggling postnatally

### **Maternal OCD**

<https://maternalocd.org>

Raising awareness and providing support for those touched by OCD

### **Pandas – PND Awareness and Support**

<https://pandasfoundation.org.uk>

Offering hope, empathy and support for anyone impacted by perinatal mental illness

### **The Breastfeeding Network**

<https://www.breastfeedingnetwork.org.uk>

Information and support about breastfeeding and perinatal mental health

### **Support for those feeling low, depressed or hopeless:**

#### **Calm – Campaign against living miserably**

<https://www.thecalmzone.net>

A helpline for those in the UK who are feeling down for any reason

#### **Depressionuk.org**

<http://depressionuk.org>

A national self-help organisation helping people cope with depression

#### **Mind**

<https://www.mind.org.uk>

Providing advice and support to empower anyone experiencing a mental health challenge

#### **The Samaritans**

<https://www.samaritans.org>

Volunteers available to listen every moment of every day

## Support for anxiety

### **Anxiety UK**

<https://www.anxietyuk.org.uk>

Help for anxiety, phobia, stress and anxiety-based depression

### **No Panic**

<https://nopanic.org.uk>

Supporting people and carers of those living with panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders

### **OCD UK**

<https://www.ocduk.org>

Educating, offering hope, and supporting people through OCD

## Support in finding a therapist:

### **NHS**

<https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling>

Details about Counselling on the NHS and how to access it

### **Professional Standards Authority for Health and Social Care**

<https://www.professionalstandards.org.uk/check-practitioners>

Look for an accredited practitioner using the database

### **The Counselling Directory**

<https://www.counselling-directory.org.uk>

A database of therapists and counsellors searchable by postcode

## Support for relationships:

### **One Plus One**

<https://www.oneplusone.org.uk>

Evidence-based training and resources to support couples in strengthening relationships

### **Relate**

<https://www.relate.org.uk>

Relationship support for everyone

## Support for families:

### Family Action

<https://www.family-action.org.uk>

Practical, emotional and financial support for families experiencing poverty, disadvantage and social isolation

### Family Lives

<https://www.familylives.org.uk>

Targeted early intervention crisis support for families who are struggling with family breakdown, challenging relationships and behaviour, debt and emotional and mental wellbeing

### Home-Start

<https://www.home-start.org.uk>

Support for families with young children

### Pink Parents

<https://www.pinkparents.org.uk>

Support and information for gay and lesbian parents

## Support for addiction:

### Al-Anon

<https://www.al-anonuk.org.uk>

Support for families and friends of dependent drinkers

### Alcoholics Anonymous

<https://www.alcoholics-anonymous.org.uk>

Confidential helpline for those concerned about their drinking

### Turning point

<https://www.turning-point.co.uk>

Support for those with drug, alcohol or mental health concerns

## Support for trauma and abuse:

### Birth Trauma Association

<https://www.birthtraumaassociation.org.uk>

Support for those affected by birth trauma

### **Rape Crisis England & Wales**

<https://rapecrisis.org.uk>

Confidential support for women and girls who have experienced sexual violence

### **The National Association for People Abused in Childhood**

<https://napac.org.uk>

Supporting adult survivors of any form of childhood abuse

### **Victim support**

<https://www.victimsupport.org.uk>

Independent and confidential advice for victims of crimes

## **Support for loss and grief:**

### **Child Bereavement UK**

<https://www.childbereavementuk.org>

Support when a baby or child of any age dies, or a child is facing loss

### **Cruse Bereavement Care**

<https://www.cruse.org.uk>

Support for those grieving after a loss

### **Lullaby Trust**

<https://www.lullabytrust.org.uk>

Passionate about safer sleep for babies, and bereavement support for families

### **Miscarriage Association**

<https://www.miscarriageassociation.org.uk>

Support for those affected by miscarriage, molar pregnancy or ectopic pregnancy

### **Sands**

<https://www.sands.org.uk>

Support for those impacted by the loss of an infant

### **Tommy's**

<https://www.tommys.org>

Support for those affected by premature birth, stillbirth or miscarriage.

## Support for fathers:

### **Fatherhood Institute**

<http://www.fatherhoodinstitute.org>

Training and information to support fathers and their families

### **Postpartummen**

<http://postpartummen.com>

Support for men with concerns about depression, anxiety or other mood issues after the birth of a child.