

Useful contacts for mothers, partners and families

Action on post-partum psychosis www.app-network.org

Association for postnatal illness www.apni.org

Bipolar UK: Women and Bipolar <https://www.bipolaruk.org/Pages/FAQs/Category/women-and-bipolar>

Bumps - best use of medicine in pregnancy. www.medicinesinpregnancy.org

Cocoon family support. www.cocoonfamilysupport.org

Cry-Sis – Support for parents of babies with challenging behaviour, excessive crying and sleeplessness.
www.cry-sis.org.uk

Family Lives. www.familylives.org.uk

Gingerbread: Support for single parents. www.gingerbread.org.uk

Maternal Mental Health Alliance: Awareness, Education, Action to improve the lives of mothers and their infants. www.maternalmentalhealthalliance.org

Maternal OCD. www.maternalocd.org

MIND <https://www.mind.org.uk/search-results?q=perinatal%20mental%20health>

NHS Choices: Postnatal depression www.nhs.uk/conditions/postnataldepression/Pages/Introduction.aspx

Pandas Foundation: Pre and post- natal depression advice and support www.pandasfoundation.org.uk

PND & Me: Raising awareness of perinatal mental health www.pndandme.co.uk

Relate www.relate.org.uk - for support in relationships (can be seen as a couple or individually)

Royal college of psychiatrists: improving the lives of people with mental illness
www.rcpsych.ac.uk/healthadvice/problemsdisorders/postnataldepression.aspx

Samaritans www.samaritans.org

The Smile Group www.thesmilegroup.org

Tommy's www.tommys.org - charity for support and medical research for Premature Births, Miscarriage and Stillbirth

The Birth Trauma Association www.birthtraumaassociation.org.uk

In Partnership With

Specific for Fathers

Dads matter UK www.dadsmatteruk.org

Fathers reaching out www.reachingoutpmh.co.uk

NCT New Parent Support <https://www.nct.org.uk/parenting/postnatal-depression-dads>

In Partnership With