

HEALTHCARE (Accessing the NHS)

NHS 111 for health advice and reassurance. www.nhs.uk. Tel: 111 (24hrs a day) or book an appointment with your GP.

For **health emergencies** (including mental health). Tel: 999 (24hrs a day) or go to your nearest NHS hospital A&E department.



PREGNANCY AND CHILD RELATED

Sands

A stillbirth and neonatal charity that provides support for anyone affected by the death of a baby.

<https://www.sands.org.uk/> Tel: 0808 164 3332



Tommy's

Provide advice for parents before, during and after pregnancy and support those who have lost babies. Their Midwives' helpline is for people who have had any type of pregnancy loss, including miscarriage, stillbirth, ectopic pregnancy, molar pregnancy or termination for medical reasons.

<https://www.tommys.org/baby-loss-support> Tel: 0800 0147 800

They have a specialist helpline to support Black and Black Mixed-Heritage women and birthing people in the UK.

<https://www.tommys.org/pregnancy-information/about-tommys-pregnancy-information/video-call-service>

Tommy's
Together, for every baby

Child Bereavement UK

A helpline for children, young people, parents, and families when a child grieves or when a child dies.

<https://www.childbereavementuk.org/> Tel: 0800 02 888 40 (Mon-Fri 9am-5pm)



Child Death Helpline

A free helpline for those affected by the death of a child

<https://www.childdeathhelpline.org.uk/> Tel: 0800 282 986 (Mon- Fri 10:00-13:00, Mon-Sun 19:00-22:00)



Antenatal Results & Choices

Charity helping parents and healthcare professionals through antenatal screening and its consequences.

<https://www.arc-uk.org/for-parents/> Tel: 020 7713 7486 (Mon-Fri 10-1730) or text: 07908 683004

**Antenatal
Results &
Choices**

OTHER SOURCES OF SUPPORT

SAMARITANS

Whatever you're going through, a Samaritan will face it with you. If you need someone to talk to, we listen.

www.samaritans.org. Tel: 116 123 (24hrs a day).

SAMARITANS

Mind (Mental Health)

Advice, support and information around mental health issues including self-harm.

www.mind.org.uk. Tel: 0300 123 3393 or text 86463 (Mon-Fri, 8am-6pm).



Cruse (Bereavement)

Offers support for bereaved people. Also supports those bereaved by pets.

www.cruse.org.uk. Tel: 0808 808 1677 (Mon-Fri, 9.30am-3.00pm).



Carers UK (Carers)

Support for unpaid carers for family or friends. www.carersuk.org. Tel: 0808 808 7777 (Mon-Fri, 9am-6pm).



Switchboard LGBT+ Helpline (Sexuality)

Free support and information to lesbian, gay, bisexual, transgender and non-binary communities.

<https://switchboard.lgbt/> Tel: 0800 0119 100 (7 days a week, 10am-10pm).



Relate (Relationships)

Counselling and workshops on relationships and family issues.

www.relate.org.uk Tel: 0300 100 1234 (7 days a week, 10am-10pm).

Relate

Refuge (domestic abuse: women & children only)

Support for women and children experiencing domestic violence (inc. forced marriages/tech abuse/modern slavery).

www.nationaldahelpline.org.uk. Tel: 0808 200 0247 (24hrs a day).

