

Supporting Organisations

If you need urgent help you can call the emergency services on 999

You can also call The Samaritans <https://www.samaritans.org> on 116 123 This number is free to call from both landlines and mobiles, including pay-as-you-go mobiles. You do not need to have any credit or call allowance on your plan. We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. We won't judge you or tell you what to do, we'll listen to you.

We've drawn on our Project Partners to provide a list of supporting organisations for women, birthing people and families who are experiencing emotional difficulties after maternity care. You can also look at the full list of Project Partner logos on our [website](#), to find other organisations that may be able to provide you with specialist support.

Birth Trauma Association <https://www.birthtraumaassociation.org/>

Founded and run by women who have experienced birth trauma, we are the only charity in the UK solely dedicated to supporting women and families who have experienced traumatic birth. Our peer supporters offer support over email and phone. Let us know in your initial contact if you'd like to speak to someone with similar experiences to your own.

Call us: 0203 621 6338

Email us: support@birthtraumaassociation.org.uk

The Miscarriage Association <https://www.miscarriageassociation.org.uk/>

If you've been affected by miscarriage, molar pregnancy or ectopic pregnancy, we hope this website will provide the information and support that you're looking for. We're here to help you through.

Pregnancy loss phone helpline. You can call us: 01924 200799.

PANDAS <https://pandasfoundation.org.uk/>

We are here, whatever the weather, to offer hope, empathy and support for every parent or network affected by perinatal mental illness.

Our FREE PANDAS Helpline is available from 10am-5pm Monday – Friday (excluding bank holidays). Call us on 0808 1961 776.

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

Sands exists to reduce the number of babies dying and to support anyone affected by the death of a baby, before, during or shortly after birth, whenever this happened and for as long as they need support.

The Sands National Helpline provides a safe, confidential place for anyone who has been affected by the death of a baby. Whether your baby died long ago or recently, we are here for you. Call Sands Helpline - 0808 164 3332
helpline@sands.org.uk

