



# Perinatal Mental Health Resources

[www.acacia.org.uk](http://www.acacia.org.uk)

This list is provided for information purposes only. It is not to be assumed that Acacia Family Support endorses any of the providers and/or services in this list. To ensure that information below is still current you may wish to check websites.

## Online Support Groups/Self Help

### **#PND Hour**

#### What is PND Hour?

The main aims of setting up the #PNDHour are :

- To provide a safe space to discuss topics surrounding pre and postnatal illness.
- To help connect those affected by the illness, and provide support for each other.
- To increase awareness and encourage open conversations about the illness.
- To discuss where improvements could be made in all areas of the support provided for those affected.

A place to discuss perinatal mental illness openly, honestly and without judgement, helping break down the stigma attached to this illness and bring together charities, groups, professionals, families and importantly the mothers affected by perinatal mental illness for peer support.

Anyone is welcome to join, its held every Wednesday at 8pm(gmt) on [Twitter](#) just use the #PNDHour hashtag to join in!

**More info here:** <http://www.pndandme.co.uk/pndhour/>

**SANE:** [www.sane.org.uk](http://www.sane.org.uk)

SANE provides emotional support and information to anyone affected by mental illness, including families, friends and carers. Services and support options are designed to provide a range of ways of getting and giving support, and considering self-help and self-management strategies.

SANE services and support options

- [Textcare](#): Allows you to arrange for messages of support at times that are right for you
- [Support Forum](#): Available 24 hours a day to share your experiences with other members and give and receive mutual support
- Letters: You can write to us at SANE Services, St. Mark's Studios, 14 Chillingworth Road, Islington, London, N7 8QJ
- Facebook and Twitter: Our social media communities are a good source of contact, support and sharing. (Click links on left hand menu.) You can see all the content even if you don't have a Facebook or Twitter account yourself.
- [Stories](#): Share your stories, experiences and feelings. You may help others by doing so, as well as helping yourself by releasing and sharing feelings and emotions.

- [Blogs](#): Share experiences, thoughts and opinions; invite others to comment and share their thoughts.

### **Mumsnet**

<http://www.mumsnet.com> General advice and messaging site where you can chat freely with other mums and get advice. Also, they have apps for your phone including: **Mumsnet Talk** – App available from App Store - with childrearing tips, straight-talking advice, support, or chat (at any hour), join the conversation on Mumsnet Talk wherever you are.

### **Netmums**

[www.netmums.com](http://www.netmums.com) – info on pregnancy, meet a mum, baby/toddler groups and online chat both local and national. Also, provides online access ‘drop in clinic’ to health visitor and midwife. Also have a **Netmums Chat** app available for free download from Playstore or Apple store.

### **Elefriends**

[www.elefriends.org.uk](http://www.elefriends.org.uk) is a supportive online community where you can be yourself. We all know what it’s like to struggle sometimes, but now there’s a safe place to listen, share and be heard. Elefriends is managed by [Mind, the mental health charity](#) and its setup was supported by the Cabinet Office's Social Action Fund. The community is moderated to help to keep it safe. Moderators are available to respond to any questions or help with difficult situations during these hours:

- 6am-9am and 10am-2am 7 days a week

## Apps

### **PND Coach** (Google Play App)

This application is meant to be used as a feelgood tool to help you lift your spirits on a day to day basis. It offers the possibility to educate yourself on postnatal depression, to use a diary to register positive feelings and to create a list of allies you can reach out to when in need. This application is not meant to replace the help received by specialists and medical professionals. This is a feelgood tool created to help women go through the difficult days of new motherhood by instilling optimism and self-care in their everyday lives.

### **Baby Buddy** (google play/Apple)

**Baby Buddy** is designed to be a personal **baby** expert who will guide you through your pregnancy and the first six months of your **baby's** life. The app has been designed with parents and professionals to help you give your **baby** the best start in life and support your health and wellbeing. It incorporates maternal mental health tools and video’s.

## Other Online Resources

**Samaritans** – [www.samaritans.org](http://www.samaritans.org)

**Parenting blog:** <http://www.ahaparenting.com/blog/wake-up-happy-radical-self-care-parents>

**PNDandme.co.uk** – weekly live chat. [www.pni-uk.com](http://www.pni-uk.com) - information re PND and online **blogs**

**How to look after your mental health:** <https://www.mentalhealth.org.uk/publications/how-to-mental-health>

**How to overcome fear and anxiety:** <https://www.mentalhealth.org.uk/publications/overcome-fear-anxiety>

**PANDAS** - <http://www.pandasfoundation.org.uk> - a variety of different PND support services available, including email support

<http://www.mumsnet.com> Mumsnet is a website for parents in the UK. It hosts discussion forums where users share advice and information on parenting and many other topics. Mumsnet also has a Bloggers Network with 5,000 registered bloggers and a network of 180 local sites run in partnership with local editors.

[www.netmums.com](http://www.netmums.com) – info on pregnancy, meet a mum, baby/toddler groups and much more Birmingham for families website

[www.mind.org.uk](http://www.mind.org.uk). Information re services such as sleep problems, panic attacks and much more

[www.moodjuice](http://www.moodjuice.com); [www.moodzone](http://www.moodzone.com) - self-help guides for anxiety and depression.

[www.ntw.nhs.uk/pick/selfhelp](http://www.ntw.nhs.uk/pick/selfhelp) - lots of self help material on topics such as: controlling anger, depression and low mood, domestic violence, eating disorders, food for thought, health anxiety, hearing voices, obsessions and compulsions, postnatal depression, sleeping problems, shyness and social anxiety, self harm, panic etc.

[www.nationalselfharmnetwork](http://www.nationalselfharmnetwork.com) – 0800 622 6000

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk);

<https://www.mybump2baby.com> - Baby, toddler and family directory with reviews help & support

[www.supportline.org.uk/problems](http://www.supportline.org.uk/problems) - helplines and websites and many, many topics, eg anger

management, anxiety, counselling, debt, abortion, anti social behaviour and much more. **Young Minds**

- [www.youngminds.org.uk](http://www.youngminds.org.uk) - Free advice and support for parents worried about their **children's behaviour**, emotional problems and mental health. **Parent's helpline** - 0808 802 5544.

## Telephone/Txt Helplines

**Family Lives:** 0808 800 2222 – **listening service** on any aspect of parenting and family life inc info, advice, guidance, support inc bullying issues. Mon-Fri: 9 am to 9 pm, Sat-Sun: 10 am to 3 pm.

**Samaritans** – 08457 90 90 90 or Freephone: 116 123 – 24/7, [www.samaritans.org](http://www.samaritans.org)

**Cry-sis helpline:** 08451 228 669 – for support to families with excessively crying, sleepless and demanding babies. See <https://helplines.org/helplines/> (under the Family & Parents tab) [https://helplines.org/helplines/?fwp\\_search=cry-sis&fwp\\_topics=family-and-parents](https://helplines.org/helplines/?fwp_search=cry-sis&fwp_topics=family-and-parents)

**SANE:** 0300 304 7000 – 6-11 pm daily, [www.sane.org.uk](http://www.sane.org.uk)

**PANDAS** - Helpline: 0843 28 98 401 - helpline is open every day between 9am-8pm. The PANDAS Helpline is manned by a team of trained volunteers who will be happy to chat with mums and signpost to other services.

**NHS** – Freephone: 111

**24/7 NHS urgent mental health helpline** to get expert advice and assessment for children and adults and you can call for yourself or on behalf of someone else. Find the contact number for your area here: <https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

**Shout 85258** is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Just text SHOUT to 85258. The text is free and anonymous on all major UK networks.

**Support Line** – Tel: 01708 765 200 (hours vary), [info@supportline.co.uk](mailto:info@supportline.co.uk). Provides emotional support on many issues. [www.supportline.org.uk/problems](http://www.supportline.org.uk/problems)

**Breathing space** – 0800 838 587 (Mon-Thur 6 pm to 2 am, Fri 6 pm to Mon 6 am)

NCT (National Childbirth Trust) – info on pregnancy, birth, parenthood, groups, **fathers** in distress and much more – helpline: 0300 330 0700, enquiries@nct.org.uk, www.nct.org.uk

**Various other helplines:** <https://helplines.org/helplines/> - helplines on hundreds of topics, eg anxiety, debt, housing, addiction and much more

**APNI** – National telephone support line for PND between 10.00am and 2.00pm: 0207 386 0868

## Dads Resources

[www.acacia.org.uk/dads-partners](http://www.acacia.org.uk/dads-partners) A comprehensive web portal packed with resources, information, self help, video's and lots of links to an extensive range of free services available to dads and partners who are struggling with perinatal mental health issues.

[www.dadsmatteruk.org](http://www.dadsmatteruk.org) – support services, self help tools, online chats etc.

[www.depressionalliance.org](http://www.depressionalliance.org),

[www.ittakesballstotalk.com](http://www.ittakesballstotalk.com) – information, self help and links

## Relaxation

[http://media.psychology.tools/worksheets/english\\_us/progressive\\_muscle\\_relaxation\\_en-us.pdf?](http://media.psychology.tools/worksheets/english_us/progressive_muscle_relaxation_en-us.pdf?) - Handout PMR (Progressive muscle relaxation)

[http://media.psychology.tools/worksheets/english\\_us/relaxed\\_breathing\\_en-us.pdf?](http://media.psychology.tools/worksheets/english_us/relaxed_breathing_en-us.pdf?) - Handout - relaxed breathing

<http://www.ntw.nhs.uk/pic/relax.php> - audios various relaxation including PMR (5.5 minutes)

[http://glasgowpcmh.org.uk/uploads/audio\\_english/3.mp3](http://glasgowpcmh.org.uk/uploads/audio_english/3.mp3) (PMR and others) (19 minutes)

## Counselling

British Association for Counselling and Psychotherapy (BACP) - Professional body that sets standards for therapeutic practice and provides information for therapists, clients of therapy and the general public. Website includes information about counselling and psychotherapy and how to find the right therapist - [www.itsgoodtotalk.org.uk](http://www.itsgoodtotalk.org.uk), Tel: 01455 883 300 - Monday to Friday 8.45 am to 5.00 pm

UK Council for Psychotherapy. It holds the national register of psychotherapists and can give details of local therapists - [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

British Psychotherapy Foundation. A leading organisation in psychotherapy and mental health, provides treatment services for adults and young people [www.britishpsychotherapyfoundation.org.uk](http://www.britishpsychotherapyfoundation.org.uk)

British Psychological Society. Information on how psychologists can help with mental health problems and how to find a psychologist [www.bps.org.uk](http://www.bps.org.uk)