

Maternal Mental Health Resources

Resources

Perinatal Mental Health Good Practice Guide: Resource for Health Care Workers, Third Sector Partners, and any community organisations that are in contact with new and expectant parents [Perinatal and Infant Mental Health Good Practice Guide - September 2023 - NHSGGC](#)

Helplines and Supports

Amina Women's Muslim Resource Centre: Supports Muslim and BAME women. Call **0808 801 0301**, Monday-Friday 10am-4pm.

Black Mums APP: provides access to a community who are there to listen, share information & offer valuable advice. **Blackmums App - The Community App for Black Mothers**

National Breastfeeding Helpline: call **0300 100 0212** open 24/7 365 days

One Parent Families Scotland: support available to lone parents. Call free **0808 801 0323**

Pregnancy Sickness Support | UK Charity: support via helpline, email or WhatsApp service. Our opening hours are 9-5pm, Monday to Friday. Call **0800 055 4361** (Translator services available).

The Relationship Helpline: when you need someone to talk to about a relationship problem. Freephone **0808 802 2088**, Monday to Thursday from 9am to 5pm.

Samaritans Free and confidential support to anyone, any age. Call **116 123**

Tommy's Midwives Helpline for Black and Black Mixed-Heritage women: supports Black and Black Mixed-Heritage women and birthing people in the UK with any aspect of your pregnancy journey. Call **0800 0147 800**. The midwives will also answer your questions by email on midwife@tommys.org. Please remember, it is a non-urgent line, offering general support and advice. It will not be able to make local referrals for you. **Tommy's Midwives Helpline for Black and Black Mixed-Heritage women | Tommy's**

The Village: a digital community for expectant and new parents with care experience. <https://whynottrust.org/about-us/join-the-village/>