

Perinatal Mental Health Support



Nationwide

[PaNDAS Foundation](#) - helpline, email and peer support, online social media support groups and information.

[MIND](#) - information about maternal mental health concerns and issues plus support services links.

[Make Birth Better](#) - support for new parents and professionals around birth trauma, research, resources and an excellent blog.

[APNI](#) - support for mothers suffering with postnatal illness, raising awareness and leading in research.

London

[MumsAid](#) - provides free counselling and group therapy around the borough of Greenwich.

[City Pregnancy Counselling and Psychotherapy](#) - free short-term counselling service based in the City of London.

Northern Ireland

[The Parent Rooms](#) - support for parents, wellbeing courses, peer support groups, raising awareness within local communities.

Somerset, Bath, Bristol, Gloucestershire

[Bluebell Care](#) - peer support, buddy system, safe spaces for mums and dads.

Essex

[Home Start Essex](#) - support, signposting, practical advice.

