



WoW Study

The Wellbeing of Women
During and After Pregnancy

Information to Support
Health and Wellbeing



If you have concerns about your health and wellbeing, we recommend that you **Speak to your GP or midwife as soon as possible** as they will be best suited to provide appropriate care. For additional support, please see below for the contact details of relevant organisations that may be able to offer support and guidance for a range of issues relating to pregnancy.

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Urgent Care



NHS 111 can help if you have an **urgent medical problem** and you're not sure what to do. To get help you can:

- go to <https://111.nhs.uk> (for people aged 5 and over only)
- call 111

NHS 111 is available 24 hours a day, 7 days a week. If you have difficulties communicating or hearing, you can call 18001 111 on a textphone or use the NHS 111 British Sign Language (BSL) interpreter service if you're deaf and want to use the phone service.



The Samaritans offer a 24-hour, confidential helpline for those who want to talk through concerns, worries or feelings.

Website: <https://www.samaritans.org>

Twitter: @samaritans

Call: 116 123

Perinatal Mental Health and Wellbeing Information and Support



The national charity provides information on postnatal depression and other perinatal mental health issues, sources of treatment and support, and advice for friends and family.

Website: <https://www.mind.org.uk>

Twitter: @mindcharity

Call: 0300 123 3393

PANDAS

The PANDAS Foundation supports and advises any parent who is having trouble with their mental health and wellbeing in the pre or postnatal period. They also provide details of local support groups.

Website: <http://www.pandasfoundation.org.uk>

Twitter: @pandas_uk

Call: 0843 28 98 401

PERINATAL POSITIVITY

Perinatal Positivity uses the real voices and experiences of women and men who have had mental wellbeing difficulties around the time of pregnancy, childbirth and beyond. Their videos and interview recordings can help you emotionally prepare and find support, if needed, at this time.

Website: <https://perinatalpositivity.org/>

Twitter: @PerinatalFilm

best beginnings

A series of videos to address and support parents who may be experiencing a wide range of mental health problems: from generalised low mood and anxiety to severe depression and postpartum psychosis. You can also access and download 'Baby Buddy', a free multi-award-winning app for parents and parents-to-be.

Website: <https://www.bestbeginnings.org.uk>

Twitter: @bestbeginnings

Text: Text BABYBUDDY to 85258 for free 24/7 confidential text support from a trained counsellor when you're in emotional pain or a crisis.



Action on Postpartum Psychosis has produced a series of guides and downloadable resources with the help of women who have experienced Postpartum Psychosis and their partners.

Website: <https://www.app-network.org/what-is-pp/app-guides/>

Twitter: @ActionOnPP



The Association has a countrywide network of volunteers, who have had, and recovered from postnatal illness. They provide information and support to women experiencing postnatal illness, their partners and families.

Website: <https://apni.org/>

Twitter: @APNI_PND

Call: 0207 386 0868 (10.00am - 2.00pm)



Information around pregnancy and childbirth for people affected by bipolar.

Website: <https://www.bipolaruk.org>

Twitter: @BipolarUK



Information and resources for anyone who wants to know about perinatal obsessive-compulsive disorder (perinatal OCD), including any woman who has, or thinks she may have, perinatal OCD and Partners, family and friends who want to find out more.

Website: <https://www.rcpsych.ac.uk/mental-health/problems-disorders/perinatal-ocd>



A charity that supports women and their partners who suffer birth trauma – a shorthand term for post-traumatic stress disorder (PTSD) after birth.

Website: <https://www.birthtraumaassociation.org.uk/>

Twitter: @BirthTrauma

Facebook Support Group: <https://www.facebook.com/groups/TheBTA/>

Information on mental health in fathers



The charity provides helpful information on mental health in fathers.

Website: <https://www.nct.org.uk/life-parent/dads-and-partners/postnatal-depression-dads-10-things-you-should-know>

Twitter: @NCTcharity

Call: 0300 330 0700

Parenting Support



The UK's largest charity for parents offers support through the first 1,000 days, to have the best possible experience of pregnancy, birth and early parenthood. They provide helpful guides for parents, as well as listing local services, such as antenatal classes.

Website: <https://www.nct.org.uk>

Twitter: @NCTcharity

Call: 0300 330 0700

Relationship Support



The UK's largest provider of relationship support. Their services include Relationship Counselling for individuals and couples, Family Counselling, Mediation, Children and Young People's Counselling and Sex Therapy. They also offer live online chat with counsellors.

Website: <https://www.relate.org.uk>



Family Lives is a national family support charity providing help and support in all aspects of family life.

Website: <https://www.familylives.org.uk>

Twitter: @FamilyLives

Call: 0808 800 2222 (confidential free helpline open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday. For callers from Scotland, Children 1st run Parentline Scotland and you may wish to contact them on 08000 28 22 33 Monday to Friday from 9am - 9pm).



Help and support if you or someone you know may be experiencing domestic abuse.

Call: 0808 2000 247 (24-hour national domestic violence helpline)

Email: helpline@womensaid.org.uk

Website: <https://www.womensaid.org.uk/>

Twitter: @womensaid

Breastfeeding Information and Support



Information, guidance and support for breastfeeding and a helpline (9.30am -10.30pm) for mums, partners and families to answer questions or concerns about breastfeeding.

Website: <https://abm.me.uk>

Twitter: @AssocBfMothers

Call: 0300 330 5453



Unicef provide a range of useful resources for parents on infant feeding and relationship building, as well as information on Baby Friendly care and overcoming common breastfeeding challenges.

Website: <https://www.unicef.org.uk/babyfriendly/support-for-parents/>

Twitter: @babyfriendly

Information about Work, Benefits and Money



Maternity Action provides information and advice on maternity rights in employment, benefits and access to healthcare.

Website: <https://www.maternityaction.org.uk>

Twitter: @maternityaction

Call: 0808 802 0029



Free information, guidance and advice on a range of issues, including benefits, work, housing and money.

Website: <https://www.citizensadvice.org.uk>

Twitter: @CitizensAdvice

Call: 0344 411 1444



Free debt advice via webchat or over the telephone. (Monday to Friday: 9am - 8pm Saturday: 9.30am - 1pm).

Website: <https://www.nationaldebtline.org/>

Twitter: @natdebtline

Call: 0808 808 4000

Support for Pregnancy Loss and Bereavement

Tommy's

Tommy's provide information for parents-to-be to help them have a healthy pregnancy and baby. They also offer support to parents and families who lose a baby or experience premature birth.

Website: <https://www.tommys.org>

Facebook: @havingahealthypregnancy

Call: 0800 0147 800



If you've been affected by miscarriage, molar pregnancy or ectopic pregnancy, the Miscarriage Association provides a range of information and support.

Website: <https://www.miscarriageassociation.org.uk>

Twitter: @MiscarriageA

Call: 01924 200799



The Lullaby Trust offer confidential bereavement support to anyone affected by the sudden and unexpected death of a baby or young child.

Website: <https://www.lullabytrust.org.uk>

Twitter: @LullabyTrust

Call: 0808 802 6868

Support for Service Families

Naval Families F E D E R A T I O N

The Naval Families Federation speaks up for currently serving members of the Royal Navy and Royal Marines and their families, about their lived experience, to those who make the policies and decisions that affect them. It also provides information and advocacy.

Website: <https://nff.org.uk/>

Twitter: @The_NFF

Facebook: <https://www.facebook.com/NavalFamiliesFederation/>

Call: 023 9265 4374



The Army Families Federation (AFF) is the independent voice of Army families and works hard to improve the quality of life for Army families around the world – on any aspect that is affected by the Army lifestyle. AFF is independent of the Army and offers confidential advice.

Website: <https://aff.org.uk>

Twitter: @The_AFF

Facebook: <https://www.facebook.com/ArmyFamiliesFederation>



The RAF Families Federation provides all RAF personnel and their families with professional support, assistance and an independent voice regarding issues or concerns that they may have.

Website: <https://www.raf-ff.org.uk>

Twitter: @RAF_FF

Facebook: <https://www.facebook.com/RAFFamFed/>



SSAFA provide lifelong support on a range of practical and welfare issues to anyone currently serving or who have ever served in the Royal Navy, British Army or Royal Air Force and their dependents.

Website: <https://www.ssaafa.org.uk>

Twitter: @ssaafa

Call: 0800 7314880 - Forcesline is a free service that is operated by the Soldiers, Sailors, Airmen and Families Association (SSAFA) Forces Help.



Tri-Service information network offering range of advice to all members of the service community.

Email: hivegb@hqland.army.mod.uk

Call: 01722 436498/9 (central office)



Offers advice or puts you in touch with appropriate organisations. Free helpline for veterans and their families. Open Monday - Thursday, 8.15am to 5.15pm, and Friday, 8.15am to 4.30pm.

Website: <https://www.gov.uk/government/organisations/veterans-uk>

Call: 0800 169 2277



The Royal British Legion provides lifelong support for the Armed Forces community - serving men and women, veterans, and their families. They also offer live webchat to provide information and guidance.

Website: <https://www.britishlegion.org.uk/>

Twitter: @PoppyLegion

Call: 0808 802 8080 (8am to 8pm, all week)

Armed Forces Welfare Services

Royal Navy Royal Marines Welfare (RNRMW)

Royal Navy Royal Marines Welfare (RNRMW) is available to the families of everyone in the Naval Service, offering the emotional and practical support they need when their loved ones are deployed.

Website: <https://www.royalnavy.mod.uk/community-and-support>

Army Welfare Service

The Army Welfare Service is the Army's professional welfare provider; it delivers a comprehensive and confidential welfare service responsive to the needs of individuals and families and the Chain of Command in order to maximize the operational effectiveness of our service Personnel.

Website: <https://www.army.mod.uk/personnel-and-welfare/>

Royal Air Force Serving Families

Guidance and practical support for the partners and families of serving RAF personnel.

Website: <https://www.raf.mod.uk/serving-families/>

Please contact the researcher if you would like further details on contacting these organisations:

Clare Knox

King's Centre for Military Health Research

Email: Clare-louise.knox@kcl.ac.uk