

## Sources of Support for Parents

### Association of Postnatal Illness

Helpline: 10am – 2pm  
0207 386 0868 Email: [info@apni.org](mailto:info@apni.org)  
There is also an online live chat

### Maternal OCD

Peer support available,  
email [info@maternalocd.org](mailto:info@maternalocd.org)

### PANDAS

Helpline 9am-8pm every day 0843  
2898 401  
Email support available  
[info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk)

### Twins Trust: Twin Line

Listening service for parents of multiples. Mon-Fri: 10am to 1pm /  
7pm to 10pm. 0800 138 0509  
email [asktwinline@twinstrust.org](mailto:asktwinline@twinstrust.org)  
Web: [twinstrust.org/let-us-help/support/twinline.html](http://twinstrust.org/let-us-help/support/twinline.html)

### Tommy's

Support to women who have suffered baby loss or who have had difficult or traumatic pregnancy, birth or postnatal period  
0800 0147 800 Mon – Fri 9am – 5pm  
Email: [midwife@tommys.org](mailto:midwife@tommys.org)

### Rethink Mental Illness

Offers advice, services and support to people affected by mental illness and their friends and families.  
[www.rethink.org](http://www.rethink.org)  
0300 5000 927

### Mind

Offers information and support and helplines to people experiencing mental health problems and their friends and families.  
[www.mind.org.uk](http://www.mind.org.uk)  
0300 123 3393 text 86463

### SANE

Provides emotional support to people affected by mental health problems and their families and friends.  
[www.sane.org.uk](http://www.sane.org.uk)  
0300 304 7000

### CALM (Campaign Against Living Miserably)

[www.thecalmzone.net](http://www.thecalmzone.net)  
0800 58 58 58