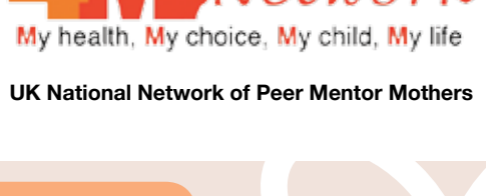


Useful links for Mentor Mothers



UK National Network of Peer Mentor Mothers

Acute Crisis

Mental health crisis or emergency

NHS

<https://tinyurl.com/4MMindNHS>

111

Rape support

Rape Crisis

<https://tinyurl.com/4Mrapecrisis>

Feeling suicidal

Samaritans

<https://tinyurl.com/4Msamaritans>

or your local hospital Emergency Dept.

24hr Free Helpline 7 days a week **116 123**

Domestic violence

Women's Aid

<https://tinyurl.com/4Mwomensaid>

National 24hr Free Helpline

0808 2000 247

Refuge

<https://tinyurl.com/4MRefuge>

Advice in relation to COVID-19

Explains how you can call **999** followed by **55**

from a mobile to report domestic violence

Maternal mental health

Maternal mental health

MIND

<https://tinyurl.com/4MperinatalMH>

Info line: **0300 123 3393/ Text: 86463**

Postnatal depression and

perinatal mental health

MIND

<https://tinyurl.com/4MperinatalMH>

Info line: **0300 123 3393/ Text: 86463**

Mental health recovery

MIND

<https://tinyurl.com/4MperinatalMH>

Info line: **0300 123 3393/ Text: 86463**

Campaigners on perinatal mental health

Maternal Mental Health Alliance

<https://tinyurl.com/4MMaternalMHA>

0207 117 2875

Mental health, Pregnancy and HIV

4MNet

<https://tinyurl.com/4Mwebinar7>

Children

Support for children at risk of abuse and their families

NSPCC

<https://tinyurl.com/4MNSPCC>

0808 800 5000

0800 1111

For concerns about child sexual abuse

Stop it Now

<https://tinyurl.com/4MChildSA>

0800 1000 900

Information for children and young people

Child and adolescent mental health services (CAMHS)

<https://tinyurl.com/4MCAMHS>

Children & young people's mental health support, including parents helpline

YoungMinds

<https://tinyurl.com/4MYoungMinds>

Longer term support

Post-traumatic stress disorder

PTSD-UK

<https://tinyurl.com/4MmindPTSD>

Support for adults abused as children **NAPAC**

– the National Association for People Abused in Childhood

<https://tinyurl.com/4MNAPAC>

Freephone **0808 801 0331**

10am-9pm Mondays to Thursdays

& 10am-6pm on Fridays

Network of organisations for survivors of sexual abuse and rape

Survivors' Trust

<https://tinyurl.com/4MSurvTrust>

0808 801 0818

Helpline for those isolated, at risk, vulnerable and have experienced abuse

SupportLine

<https://tinyurl.com/4MSupportline>

01708 765200

Resources and support for those Concerned with Abuse & Sexual Violence

DABS (Directory and Book Services)

<https://tinyurl.com/4MResources>

Call or text helpline: **07854 653118**

Challenging mental health stigma

Time to Change

<https://tinyurl.com/4MStigma>

020 8215 2356

Closed face book group and gatherings for survivors of violence

Survivors' Voices

<https://tinyurl.com/4MMHVoices>

Therapies

Free CBT online for Anxiety and Depression, available through your local GP/ mental health service

Silvercloud

<https://tinyurl.com/4MMindCBT>

Counselling support & info for people who have been sexually abused and their supporters

Into the Light

<https://tinyurl.com/4MLight>

Free CBT self-help and therapy resources

Get Self-Help

<https://tinyurl.com/4MGetSelfHelp>

For a registered therapist

British Association for Counselling and Psychotherapy

<https://tinyurl.com/4MMindBACP>

About trauma-informed care

4MNet

<https://tinyurl.com/4Mwebinar8>

Caring for others

Carers' Centres

Carers' Trust

<https://tinyurl.com/4Mcarers>

0300 772 9600

Benefits, grants or other financial support for carers

Turn2us

<https://tinyurl.com/4MTurnToUs>

Support network for carers

CarersUK

<https://tinyurl.com/4MCarersUK>

How to cope when supporting someone else

MIND

<https://tinyurl.com/4MMINDSelfcare>

Most (non-urgent) NHS mental health and perinatal services are available via a GP

Out of Hours, ring **NHS direct** on **111** for advice

For a listening service:

Ring **SANEline** on **0300 304 7000**

between 4.30pm and 10.30pm every evening

Ring **Samaritans** any time on **116 123**

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4M for Mental Health: Mentor Mothers, pregnancy and HIV

Perinatal peer mentoring project with women living with HIV

Contact:

4mmentormothers@gmail.com

Website:

<https://tinyurl.com/4MProject>

NB Please note that all this information was correct at the time of going to press but may have changed since then. If a link does not work, do contact us and we will try to find you another contact no.