

Services

Mind

Offers a range of information on their website for self-help, video links and useful contacts. This includes:

- Post and antenatal depression
- Perinatal anxiety
- PTSD and birth trauma
- Postpartum psychosis
- Maternal mental health

& more. The website offers support and services via <https://www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health/about-maternal-mental-health-problems/>

Perinatal Community Mental Health Team

If it is decided that the Perinatal community mental health team is the best source of support for you they will allocate you a care coordinator. They will offer you appointments and assess your individual needs and create a care plan for support. If you feel this is the best service for you, please contact the practice as you will need to be referred. For more info visit: [Perinatal Community Mental Health Team - Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust \(cntw.nhs.uk\)](https://www.nhs.uk/servicepages/0to19/)

Children's Public Health 0-19

<https://my.northtyneside.gov.uk/category/1231/childrens-public-health-service-0-19>

There are a range of website links and information for new parents on the above link, this can help you find services in your area for anything you may need support with.

Websites

Netmums

Really useful website with lots of information for new parents, including a section on postnatal depression and online forums.

www.netmums.com

PND and me

aims to connect, support and empower those affected by perinatal mental illness

www.pndandme.cp.uk

Moodgym

An interactive self-help book which helps you to learn and practice skills which can help to prevent and manage anxiety and depression.

www.moodgym.com.au

NHS- Self Help Guides

Follow this link for NHS self help guides for mother's who feel they may be suffering with their mental health. [Postnatal Depression.pdf \(ntw.nhs.uk\)](https://www.nhs.uk/self-help-guides/postnatal-depression/)

Downloads

www.franticworld.com – free meditation and mindfulness

www.freemindfulness.org free to download meditations

www.cntw.nhs.uk/relaxation free relaxation

www.headspace.com free taster of mindfulness with option to buy further

Further support

Association for Post Natal Illness (APNI)

For women who are experiencing depression following the birth of their baby.

TEL: 02073860868

Email: info@apni.org www.apni.org

National Childbirth Trust (NCT)

Provides advice, support and counselling on all aspects of childbirth and early parenthood.

TEL: 03003300700 www.nct.org.uk

PANDAS foundation UK

information and support for anyone experiencing a mental health problem during or after pregnancy

TEL: 08081961776

Email: info@pandasfoundation.org.uk

www.pandasfoundation.org.uk

The Breastfeeding Network

Information on breastfeeding and mental health.

TEL: 03001000210

www.breastfeedingnetwork.org.uk

Family Lives

offers support for parents for a whole range of family issues from pregnancy onwards.

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

Helpline: 08088002222

Best Start Peer Support Groups

Free sessions each week for parents of babies and young children

Wednesday – Whitley bay big local, 12.30-2.30pm

Friday- Hello World, Royal Quays outlet 10am-12pm

These sessions focus on safe sleep, breastfeeding, coping with crying, mental health and responsive parenting.