

# Parent & Infant Emotional Wellbeing Support

Your go-to resource for pregnancy and postnatal wellbeing support in Bristol, North Somerset & South Gloucestershire



Have you felt sad, worried or isolated as an expectant or new parent?

Would you like support to understand your baby (e.g. coping with crying, sleep, feeding, interacting with your baby)?

Have you experienced the loss of a baby or a traumatic birth experience?

Are you finding it difficult to bond with your baby, or not feeling confident as an expectant or new parent?

A wide range of support is available for anyone who is considering a pregnancy, pregnant, has a child up to the age of 24 months, or is going through the loss of a baby.

There is support to maintain your wellbeing as well as when you are needing more support. It can feel hard to reach out for support or make sense of all the support that is available, so please ask your Midwife, Health Visitor or local Children's Centre if you need some help to understand the support available and to contact other services.

Mental health issues affect up to 27% of mums / birthing people, dads / co-parents/partners during pregnancy and postnatally. Getting support early can reduce the long-term effects of mental illness.

YOU ARE NOT ALONE – IT'S OK TO ASK FOR SUPPORT.

## Getting help with my own emotional wellbeing

### COMMUNITY SUPPORT

- Faith groups
- Community groups
- Friends & neighbours
- Extended family

### ONLINE RESOURCES

- Videos
- Self-help guides

### ADVICE & SIGNPOSTING

- NHS Talking Therapies (for anxiety & depression)
- Parenting classes
- Peer support
- Feeding support
- Community Midwives
- Health Visiting Service
- Signposting to other services

## VERY URGENT SUPPORT

*All calls/texts are free*

- Samaritans: Call 116 123
- SHOUT: Text 85258
- Crisis support: Call 0800 953 1919
- NHS 111
- 999 Emergency

## Specialist help

Specialist services can be referred to via your GP, Midwife or Health Visitor. See the link / QR code to the left for more information. You can get support with:

- Mental health difficulties (new or long-term conditions)
- Concerns about bonding with baby

Funded by



Support is available at all stages...



[Link to more information](#)



Pre-conception

Planning a pregnancy

Antenatal

During the pregnancy

Postnatal

After the pregnancy