

Support is available at all stages of your journey...

Pre-conception  
 Planning a pregnancy

Antenatal  
 During the pregnancy

Postnatal  
 After the pregnancy

## Service Directory

	Who?	Where available?	Area of need						Type of support			Referral		Links		
			Who is this service intended for?	Age of child	Bristol	North Somerset	South Gloucestershire	Emotional wellbeing / mental health	Parenting support, understanding & bonding with your baby (e.g. crying, sleeping, feeding)	Pregnancy and birth related loss or trauma	Advice & Signposting	One-to-one support	Group or class	Online	Parent / carer can self-refer	Referral notes
Community-based support	Online resources / self-help	All parents / carers	All parents	✓	✓	✓	✓	✓	✓	✓	✗	✗	✓	✓		<a href="#">Start for Life (NHS)</a> <a href="#">Health Visiting</a> <a href="#">PATH UK</a>
	Social Prescribing (activities/support in the community to support/promote wellbeing)	All parents / carers	All parents	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Ask your GP/health professional/Children's Centre	
	Nurseries & Childminders	All parents / carers	0-4	✓	✓	✓	✗	✓	✗	✓	✗	✗	✓	✓	(Nurseries & childminders can help you to find the right support)	<a href="#">Link - Bristol</a> <a href="#">Link - N Somerset</a> <a href="#">Link - S Glos</a>
	Antenatal groups (delivered by universal services)	All parents / carers	Antenatal	✓	✓	✓	✓	✓	✗	✓	✗	✗	✓	✓	Ask your midwife, health visitor or local Children's Centre for booking details (not currently available in all local areas)	
	Black Mothers Matter	Black and Mixed Black mums/birthing people	Antenatal-4	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Drop into a session or contact on Facebook/Instagram @blackmothersmatteruk or WhatsApp 07547 268135,	<a href="#">Link - Bristol</a>
	Bristol Beacon	Foster carers & children (0-2)	0-2	✓	✗	✗	✓	✓	✗	✓	✗	✗	✓	✓	Email - see next section	Email: lu.bristow@bristolbeacon.org; or community@bristolbeacon.org Or text: 07921753864
Dads Rock	Dads/Male carers (under 2 yrs)	0-2	✓	✗	✗	✓	✓	✗	✓	✗	✗	✓	✓	Ask your local Children's Centre for more information	Email: emma@evolvemusic.org.uk Call: 07943 973473	
Advice & signposting	Children's Centres	All parents / carers	0-4	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	Please see local timetables for more information	<a href="#">Link - Bristol</a> <a href="#">Link - N Somerset</a> <a href="#">Link - S Glos</a>
	Infant Feeding	All parents / carers	0-4	✓	✓	✓	✗	✓	✗	✓	✓	✓	✓	✓	You can self-refer for infant feeding; Health Visiting referrals are via HV or other professional	<a href="#">Link</a>
	Family Nurse Partnership	Young parents - see link to right for more info	Antenatal-2	✓	✗	✗	✓	✓	✗	✓	✗	✗	✗	✗	Ask your Midwife	<a href="#">Link - Bristol</a>
	Community Midwife	All mums / birthing people	Antenatal-14 days	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	Ask your GP/contact local midwife	<a href="#">Link - UHBW</a> <a href="#">Link - NBT</a>
	Health Visiting Service	All parents / carers & children (0-4)	0-4	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	Your midwife will inform the local Health Visiting team when you are 26 weeks pregnant, all families are offered this service	<a href="#">Link</a>
	Dad Matters	Dads/Male carers (under 2yrs)	Antenatal-2	✓	✗	✗	✓	✓	✗	✓	✓	✓	✓	✓	Referral form on website	<a href="#">Link - Bristol</a>
	Speech and Language Therapy	All parents / carers with a child under 5	0-4	✓	✓	✓	✗	✓	✗	✓	✓	✓	✓	✓	Referral form on website	<a href="#">Link</a>
	Family Hub Navigators	All parents / carers	0-18/25 with SEND	✓	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓	Drop-in sessions also offered - see link for more information	<a href="#">Link - Bristol</a>
	Project Mama	Mums / birthing people from migrant background	Antenatal-8 weeks	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	Referral via website	<a href="#">Link</a>
	General Practitioner	All parents / carers	All	✓	✓	✓	✓	✗	✗	✓	✓	✗	✗	✓	Ask your GP or call NHS 111	
Getting help	Mothers for Mothers	All mums / birthing people and dads monthly online support	Antenatal-4	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	See website	<a href="#">Link</a>
	Rockabye (Parent-Infant Support)	All parents / carers & pre-crawling babies	Antenatal-pre-crawling	✓	✗	✗	✓	✓	✓	✓	✗	✓	✓	✓	Antenatal, Co-Parent Antenatal and Postnatal groups	<a href="#">Link</a>
	Home Start	All parents / carers with a child under 5	0-4	✓	✓	✓	✓	✓	✗	✓	✓	✗	✓	✓	Referral from on website (home visiting and group support)	<a href="#">Link - Bristol &amp; S Glos</a> <a href="#">Link - N Somerset</a>
	NHS Talking Therapies	All parents / carers	Parents age 16+	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	Referral form on website or phone	<a href="#">Link</a>
	Maternity Psychology (UHBW)	Mums/birthing people	Antenatal/postnatal	✓	✓	✓	✓	✗	✓	✓	✓	✗	✗	✗	Ask your Midwife or Obstetrician	
	Obstetrician	All mums / birthing people	Antenatal	✓	✓	✓	✓	✗	✓	✓	✓	✗	✗	✗	Ask your Midwife or GP	<a href="#">Link - UHBW</a> <a href="#">Link - NBT</a>
	Specialist Mental Health Midwives	Mums/birthing people	Antenatal/early postnatal	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	Ask your Midwife, GP or Health Visitor	
	Neonatal Intensive Care Unit	All parents with babies in NICU	Premature and sick babies	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	Referral via Hospital	
Specialist help	Specialist Community Perinatal Mental Health Service	Mums / birthing people with complex mental health needs/bonding difficulties	Pre-conception-2 years	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	Referral via professional - see link to the right	<a href="#">Link</a>
	Child and Adolescent Mental Health Services	Young parents (under 18 years)	5 to 18	✓	✓	✓	✓	✗	✗	✓	✗	✗	✗	✗	Referral via professional - see link to the right	<a href="#">Link</a>
	Primary Infant Mental Health Specialists	All parents / carers & children (0-4)	0-4	✓	✗	✓	✗	✓	✗	✓	✓	✗	✗	✗	Referral via professional - see link to the right	<a href="#">Link</a>
	Maternal Loss and Trauma (MaLT) Service	Mums / birthing people experiencing complex mental health difficulties, directly related to orenancy / birth	Antenatal / postnatal	✓	✓	✓	✓	✗	✓	✓	✓	✗	✗	✗	Referral via professional - see link to the right	<a href="#">Link</a>
	Adult Mental Health Services	Any adult experiencing mental health difficulties who has been referred by their GP	Over 18	✓	✓	✓	✓	✗	✗	✓	✓	✗	✗	✗	Referral via GP - see link to the right	<a href="#">Link</a>
Intensive support	Children's Social Care	All parents/carers needing additional support	Antenatal-19	✓	✓	✓	✗	✓	✗	✓	✓	✗	✓	✓	See website	<a href="#">Link - Bristol</a> <a href="#">Link - N Somerset</a> <a href="#">Link - S Glos</a>
	New Horizon Mother and Baby Unit	Mums / birthing people & babies (inpatient care)	Antenatal / postnatal	✓	✓	✓	✓	✓	✗	✓	✓	✗	✗	✗	Referral via professional - see link to the right	<a href="#">Link - Bristol</a>
	Crisis Team	All parents/carers	Over 18	✓	✓	✓	✓	✗	✗	✓	✓	✗	✓	✓	If you are at immediate risk of harm, call 999	<a href="#">Link</a>