



Lewisham Children and Family Centres

www.lewishamcfc.org.uk

## Organisations that can help with your wellbeing

If you are suffering a mental health crisis and feel you need immediate help please contact the emergency services as soon as possible.

Other organisations that can provide help and support for you and your family are;



[jo@samaritans.org](mailto:jo@samaritans.org)

**Helpline: 116 123**

Available around the clock, 24 hours a day, 365 days a year. If you need a response immediately, it's best to call. This number is free to call. You do not have to be suicidal to call.



[pandasfoundation.org.uk](http://pandasfoundation.org.uk)

**Helpline 0843 28 98 401**

Pandas foundation vision is to support every individual with pre or postnatal depression in England. Pandas helpline offers advice to all and much more



[apni.org](http://apni.org)

**Helpline: 020 7386 0868**

Some mothers are very reluctant to admit that they feel unable to cope or that they have unpleasant and unwanted thoughts that distress them. Our staff will do everything that they can to help you and they will be able to offer you information and reassurance. We understand that most women affected with post-natal depression feel isolated in their suffering and we do want to assure you that we hear from more than 9,000 women every year who are suffering similarly.



[www.nct.org.uk](http://www.nct.org.uk)

**Postnatal Helpline: 0300 330 0773**

The National Childbirth Trust help over a million mums and dads each year through pregnancy, birth and early days of parenthood. They offer antenatal and postnatal courses, local support and reliable information to help all parents.



[app-network.org](http://app-network.org)

**Helpline 020 3322 9900**

Here you can connect with others who have been affected by Postpartum Psychosis (PP). You can ask question, share your experiences & find out more about PP. This community is open to anyone who has been affected by PP – if you are recovering, if you are a partner, family member, or friend who has been affected by PP, or if you had PP many years ago.

