

EMOTIONAL HEALTH AND WELLBEING SUPPORT FOR PREGNANT WOMEN/ PARENTS WITH BABIES DURING THE CORONAVIRUS PANDEMIC

- Being pregnant and having a baby is a wonderful experience but parents may also have feelings of anxiety, stress or excessive worry. The coronavirus pandemic has increased the possibility of these feelings.
- You may be feeling isolated. Relationships with your partner may become strained.
- This short guide highlights the key resources available to you.

UNDERSTANDING YOUR EMOTIONAL HEALTH AND WELLBEING

- For more information about health and wellbeing during pregnancy and the first few months of your baby's life, including looking after yourself and symptoms, follow these links: [NHS](#) [MIND](#) [CHS](#).
- **We encourage you to raise any emotional wellbeing concerns as early as possible and with all the professionals you meet.**
- Please note: Appointments will be by telephone or video unless agreed / stated otherwise.



YOUR SUPPORT DURING PREGNANCY

- You will be able to discuss how you are feeling at your antenatal appointments with the [Midwives](#), GP and or **Hospital doctor**
- If you have concerns about your emotional health and wellbeing between appointments, please ring: **COVID-19 Maternity Helpline 07976 8681775** (7 days, 8am to 6pm) or **Maternity Triage 020 8401 3853** (7 days, 6pm to 8am)



MORE INTENSE SUPPORT FOR YOUR EMOTIONAL WELLBEING and MENTAL HEALTH

- At any point during or after your pregnancy, you can self-refer to counselling - [IAPT](#) or email CroydonIAPT@slam.nhs.uk
- If you need extra help, your GP, health visitor or midwife can refer you to the **specialist perinatal mental health team**. Follow [this link](#) to find out a little more about the support provided by the specialist team.
- You can also ask to be referred or refer yourself to the [Croydon Parent Infant Partnership](#)



YOUR SUPPORT AFTER BIRTH

- The **Midwives** will ring you
- the day after your discharge.
- There will be a **Midwife** clinic appointment when your baby is 5 days old
- There will be a discharge appointment in clinic when your baby is 10 to 14 days old. Please [click here](#) for the maternity leaflet describing the service during the coronavirus pandemic including what to expect if you have symptoms of the virus.
- A **Health Visitor** will contact you to arrange a new baby home visit, that will normally take place within 14 days. If you and your health visitor have concerns about your wellbeing, the health visitors will continue to offer you support.
- You can **telephone the health visitor team** on 0208 274 6060
- **CHAT Health** Text the Croydon Health Visitors. Text 07507334150 9am-430pm; messages received outside of these hours will be responded to within 24 hrs.
- You will be contacted to book your 6-8 week check with your **GP**. At this visit, you should raise and discuss any issues with your emotional health and wellbeing
- The **Children's Centres** are still able to provide advice and guidance over the phone. Please [click here](#) for more information.



DOMESTIC VIOLENCE

- If you feel unsafe or afraid of someone in your household, you can find support at Croydon [FJC](#).
- In an emergency, dial 999 and press 55 if it's unsafe to talk.

CONTACTS IN AN EMERGENCY

- A&E - Tel: 999 / 112
- NHS Direct - Tel: 111
- Domestic Violence Helpline 0808 2000 247
- Samaritans - Tel: 116123 / 0208 681 6666
- SLAM -adult MH health service- 0800 731 2864

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FATHERS / PARTNERS

- [PANDAS Dads Facebook Page](#)
- [The Fatherhood Institute](#) – helpful, practical advice and COVID 19
- [FATHERS REACHING OUT](#) – a support group/network for men whose wives or partners are suffering from postnatal depression
- [NCT](#) 10 things you should know about paternal postnatal depression



LIVE ONLINE MESSAGING/WEBCHAT/ APPS/TWITTER

- Baby Buddy Crisis Messenger: text 85258 for free 24hr confidential text support.
- [BabyBuddy](#): free interactive, pregnancy and parenting app
- [PANDAS Foundation Facebook Page](#) PANDAS Social Media team are online 7 days a week
- [PANDAS](#) email information/support service available 365 days a year and they will respond within 72 hours



YOUNG PARENTS

The family nurse partnership is supporting vulnerable young parents during the pandemic. If you are 19 and under or a care leaver under 25 and newly pregnant ask your midwife about the [Croydon Family Nurse Partnership](#) or call 0208 274 6303 Mon-Fri 9am-5pm

TELEPHONE HELPLINES

- **Pandas Foundation:** FREE helpline **0808 1961 776**. Mon – Sun 9am- 8pm.
- **Association of Postnatal Illness** Helpline: 10am – 2pm **0207 386 0868**
- **Tommy's:** midwives offering support at any stage **0800 0147 800**. Mon-Fri, 9am-5pm
- **Family Lives** : **0808 8002222** parenting advice line. Mon-Fri 9am-9pm, Sat-Sun 10am-3pm
- **Anxiety UK** : **08444 775774** Mon- Fri 9.30- 5.30
- **No Panic** : **08449 674848** Everyday 10am to 10pm
- **OCD UK:** **0845 1203778** Weekdays 9am-5pm
- **Croydon IAPT** 0203 228 4040
- **Croydon FJC** 020 8688 0100
- **24-hour National Domestic Violence** helpline: 0808 2000 247



WEBSITES

MATERNAL / PATERNAL MENTAL HEALTH during COVID

- [Maternal Mental Health Alliance](#)
- [PATH](#) – useful links and resources
- [Perinatal Mental Health Partnership](#)
- [PANDAS](#) Pre and post-natal depression advice and support



PREGNANCY DURING COVID

- [Royal College of Obstetrics and Gynaecologists](#) really useful information and FAQs for antenatal care during COVID

GENERAL MENTAL HEALTH AND ANXIETY

- [MIND](#) tips on wellbeing, self-isolation and work/benefits
- [NHS – EVERY MIND MATTERS](#) includes very helpful Top 10 Tips, Quiz & Videos
- [AnxietyUK](#) Great resources for corona related anxiety including videos

DOMESTIC VIOLENCE

- [REFUGE](#) includes tips on 'silent calling' to 999: call '999' then press '55'
- [WOMEN'S AID](#) includes Domestic Violence advice on safety, child contact, finances & immigration
- [GOVERNMENT ADVICE](#) on support for victims of domestic abuse during Covid

PARENTING during COVID

- [Institute of Health Visiting](#).
- [FAMILY LIVES](#)
- [HOMESTART](#) pregnancy, talking to young kids, family activities)

TWINS

- [TWINS TRUST](#) For parents of twins, triplets and more

FOR YOUNG PEOPLE

- [THE MIX](#)
- [YOUNG MINDS](#)

BIRTH TRAUMA

- [BIRTH TRAUMA ASSOCIATION](#)
Support for anyone affected by birth trauma, including partners

POSTPARTUM PSYCHOSIS

- [APP](#) information about postpartum psychosis and Covid-19

BIPOLAR DISORDER DURING COVID

- [Bipolaruk](#) – coronavirus guidance for pregnant women with bipolar disorder

OCD during COVID

- Your symptoms may worsen during COVID. Look for hints and tips at [maternalocd.org](#) and [OCUK](#)