

Acute Crisis

Mental health crisis
or emergency
NHS
[tinyurl.com/4MMindNHS](https://www.nhs.uk/4MMindNHS)
111

Rape support
Rape Crisis
[tinyurl.com/4Mrapecrisis](https://www.rapecrisis.org.uk/4Mrapecrisis)

Feeling suicidal
Samaritans
[tinyurl.com/4Msamaritans](https://www.samaritans.org.uk/4Msamaritans)
or your local hospital Emergency Dept.
24hr Free Helpline 7 days a week 116 123

Domestic violence
Women's Aid
[tinyurl.com/4Mwomensaid](https://www.womensaid.org.uk/4Mwomensaid)
National 24hr Free Helpline
0808 2000 247

Maternal mental health

Maternal mental health
MIND
[tinyurl.com/4MperinatalMH](https://www.mind.org.uk/4MperinatalMH)
Info line: 0300 123 3393/ Text: 86463

Postnatal depression and
perinatal mental health
MIND
[tinyurl.com/4MperinatalMH](https://www.mind.org.uk/4MperinatalMH)
Info line: 0300 123 3393/ Text: 86463

Mental health recovery
MIND
[tinyurl.com/4MperinatalMH](https://www.mind.org.uk/4MperinatalMH)
Info line: 0300 123 3393/ Text: 86463

Campaigners on perinatal mental health
Maternal Mental Health Alliance
[tinyurl.com/4MMaternalMHA](https://www.mhalla.org.uk/4MMaternalMHA)
0207 117 2875

Mental health, Pregnancy and HIV
4MNet
[tinyurl.com/4Mwebinar7](https://www.4mnet.org.uk/4Mwebinar7)

Children

Support for children at risk of abuse
and their families
NSPCC
[tinyurl.com/4MNSPCC](https://www.nspcc.org.uk/4MNSPCC)
0808 800 5000
0800 1111

For concerns about child sexual abuse
Stop it Now
[tinyurl.com/4MChildSA](https://www.stopitnow.org.uk/4MChildSA)
0800 1000 900

Information for children and young people
Child and adolescent mental health services
(CAMHS)
[tinyurl.com/4MCAMHS](https://www.camhs.org.uk/4MCAMHS)

Children & young people's mental health support,
including parents helpline
YoungMinds
[tinyurl.com/4MYoungMinds](https://www.youngminds.org.uk/4MYoungMinds)

YOUR NOTES

Most (non-urgent) NHS mental health and perinatal services are available via a GP

Out of Hours, ring **NHS direct** on **111** for advice

For a listening service:
Ring **SANeline** on **0300 304 7000**
between 4.30pm and 10.30pm every evening

Ring **Samaritans** any time on **116 123**

NB Please note that all this information was correct at the time of going to press but may have changed since then. If a link does not work, do contact us and we will try to find you another contact no.

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4M for Mental Health: Mentor Mothers,
pregnancy and HIV
Perinatal peer mentoring project with
women living with HIV

Contact:

4mmentormothers@gmail.com

Website:

[tinyurl.com/4MProject](https://www.tinyurl.com/4MProject)

4M Network
My health, My choice, My child, My life

Longer term support

Post-traumatic stress disorder
PTSD-UK
tinyurl.com/4MmindPTSD

Support for adults abused as children
NAPAC – the National Association for People
Abused in Childhood
tinyurl.com/4MNAPAC
Freephone 0808 801 0331
10am-9pm Mondays to Thursdays
& 10am-6pm on Fridays

Network of organisations for survivors of sexual
abuse and rape
Survivors' Trust
tinyurl.com/4MSurvTrust
0808 801 0818

Helpline for those isolated, at risk,
vulnerable and have experienced abuse
SupportLine
tinyurl.com/4MSupportline
01708 765200

Resources and support for those Concerned
with Abuse & Sexual Violence DABS
(Directory and Book Services)
tinyurl.com/4MResources
Call or text helpline: 07854 653118

Challenging mental health stigma
Time to Change
tinyurl.com/4MStigma
020 8215 2356

Closed face book group and gatherings for
survivors of violence
Survivors' Voices
tinyurl.com/4MMHVoices

Therapies

Free CBT online for Anxiety and Depression,
available through your local GP/ mental health
service
Silvercloud
tinyurl.com/4MMindCBT

Counselling support & info for people
who have been sexually abused and their
supporters
Into the Light
tinyurl.com/4MLight

Free CBT self-help and therapy resources
Get Self-Help
tinyurl.com/4MGetSelfHelp

For a registered therapist
British Association for Counselling and
Psychotherapy
tinyurl.com/4MMindBACP

About trauma-informed care
4MNet
tinyurl.com/4Mwebinar8

Caring for others

Carers' Centres
Carers' Trust
tinyurl.com/4Mcarers
0300 772 9600

Benefits, grants or other financial support for carers
Turn2us
tinyurl.com/4MTurnToUs

Support network for carers
CarersUK
tinyurl.com/4MCarersUK

How to cope when supporting someone else
MIND
tinyurl.com/4MMINDSelfcare

Useful links for Mentor Mothers

4MNetwork

My health, My choice, My child, My life

UK National Network of Peer Mentor Mothers