

## Where to get Information and Help

*\*\*\* It is important that if you feel that you need help or support, you first contact your General Practitioner (GP) or your Health Visitor for advice. Please contact your local GP surgery, Health Visitor office or Out of Hours GP Number\*\*\**

East Berkshire out of hours GP services call: 0118 936 5390

West Berkshire out of hours GP service - WestCall, call: 0118 978 7811

.....

This leaflet lists where to get further information and help both locally and further afield

### **Parenting / Family Support in Berkshire**

- Family Information Service – West Berkshire  
[www.fisfrcuk.com](http://www.fisfrcuk.com)

Please also contact your local Children's Centre for further support, assistance, activities, groups, advice. Your Health Visitor will be able to inform you of your local centre, based on where you live.

### **Parenting**

- Family Action  
<http://www.family-action.org.uk/>
- Home Start  
<http://www.home-start.org.uk/>  
Telephone: 0800 068 6368
- Meet-A-Mum-Association (MAMA)  
<http://www.mama.co.uk/>  
Helpline: 0845 120 3746
- National Childbirth Trust  
<http://www.nctpregnancyandbabycare.com/>
- Netmums  
<http://www.netmums.com/>

- Cry-sis  
<http://www.cry-sis.org.uk/>  
Helpline: 08451 228669
- Baby Centre  
[www.babycentre.co.uk](http://www.babycentre.co.uk)

### **Other Post Natal Illness**

- Association for Postnatal Illness  
<http://www.apni.org/>
- Perinatal Illness – UK  
[www.pni-uk.com](http://www.pni-uk.com)
- PANDAS  
[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

### **Depression**

- Depression Alliance  
<http://www.depressionalliance.org/>

### **Domestic Violence**

- Berkshire Women's Aid Helpline: 0118 950 4003
- The WAFE helpline (0808 2000 247) is a national 24-hour line which can offer advice and find refuge space for women from anywhere in the UK.

### **Talking Therapies**

East Berkshire - 0300 365 2000

West Berkshire - 0118 9769121

<http://www.talkingtherapies.berkshire.nhs.uk/>

**Sources used to write this information sheet:**  
BHFT Useful Perinatal Links and Resources

*Family Wellbeing Workshop  
Information Sheet 4*