

# You are **not** alone

Here are a list of UK charities and organisations who can help

## **Pregnancy and infant loss:**

**Sands:** [sands.org.uk](https://sands.org.uk)

**Tommy's:** [tommys.org](https://tommys.org)

**Petals:** [petalscharity.org](https://petalscharity.org)

**Miscarriage Association:**  
[miscarriageassociation.org.uk](https://miscarriageassociation.org.uk)

## **Birth rights and birth trauma**

**Birthrights:** [birthrights.org.uk](https://birthrights.org.uk)

**Birth Trauma association:**  
[birthtraumaassociation.org.uk](https://birthtraumaassociation.org.uk)

**Masic:** [masic.org.uk/about-masic](https://masic.org.uk/about-masic)

## **Mental health:**

**Mental Health Foundation:**  
[mentalhealth.org.uk](https://mentalhealth.org.uk)

**Mind:** [mind.org.uk/information-support/types-of-mental-health-problems](https://mind.org.uk/information-support/types-of-mental-health-problems)

**PANDAS:** [pandasfoundation.org.uk](https://pandasfoundation.org.uk)

**Samaritans:** [samaritans.org](https://samaritans.org)

**Association for Postnatal Illness:** [apni.org](https://apni.org)

## **Benefits, tax credits & childcare support**

**Working Families:** [workingfamilies.org.uk](https://workingfamilies.org.uk)

**Turn2Us:** [turn2us.org.uk](https://turn2us.org.uk)

**Gingerbread:** [gingerbread.org.uk](https://gingerbread.org.uk)

## **Employment Tribunal Support**

**EASS:** [equalityadvisoryservice.com](https://equalityadvisoryservice.com)

**FRU:** [thefru.org.uk](https://thefru.org.uk)

## **Homelessness or lack of basic provisions**

**Citizens Advice Bureau:**  
[citizensadvice.org.uk](https://citizensadvice.org.uk)

**Trussell Trust:** [trusselltrust.org](https://trusselltrust.org)

**Shelter:** [shelter.org.uk](https://shelter.org.uk)

## **Miscellaneous:**

**Twins Trust:** [twinstrust.org](https://twinstrust.org)  
(parents of multiples)

**Muslim Women's network:**  
[mwnhelpline.co.uk](https://mwnhelpline.co.uk)  
(pregnancy/mental health)

(Remember if the vulnerable adult seems suicidal or is attempting to harm themselves then you must call 999 immediately)

List compiled by Pregnant Then Screwed July 2022