

## Organisations offering support

### Support for postnatal depression and birth trauma

- **PaNDAS**

Tel: 0808 1961 776

<https://pandasfoundation.org.uk/>

- **Spilt Milk Club**

Peer support group in York for parents struggling with postnatal depression.

[www.facebook.com/spiltmilkclub/](http://www.facebook.com/spiltmilkclub/)

- **Birth Trauma Association**

Supports parents suffering from postnatal Post Traumatic Stress Disorder (PTSD) or birth trauma.

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

Email: [enquiries@birthtraumaassociation.org.uk](mailto:enquiries@birthtraumaassociation.org.uk)

### Counselling Services

- **York Women's Counselling**

15 Priory Street, York YO1 6ET

Tel: 01904 652706

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

Email: [ywcs1958@aol.com](mailto:ywcs1958@aol.com)

- **Counselling Directory** (Paid for, some with concession rates)

[www.counselling-directory.org.uk/city/york](http://www.counselling-directory.org.uk/city/york)

- **121 Counselling York** (Free service)

<https://121counsellingyork.org/>

- **IAPT Referral line** (NHS counselling referral service)

Tel: 01904 294841

<https://yorkandselbyiapt.co.uk/online-referral-form/>

### Mental health support

- **Healthwatch York**

PDF on Mental Health and Wellbeing in York

[www.valeofyorkccg.nhs.uk/seecmsfile/?id=2701](http://www.valeofyorkccg.nhs.uk/seecmsfile/?id=2701)

- **Samaritans**

Tel: 01904 655 888 (local call charges apply)

Tel: 116 123 (free to call); Text: 07725 909090

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

[www.samaritans.org/branches/york/](http://www.samaritans.org/branches/york/)

- **NHS - TEWV Crisis Service**

Tel: 0800 0516 171 (24 hours, 7 days a week)  
[www.tewv.nhs.uk/crisisadvice](http://www.tewv.nhs.uk/crisisadvice)

- **MIND**

Tel: 0300 123 3393 (weekdays 9am-6pm)  
[www.mind.org.uk](http://www.mind.org.uk)  
Email: [info@mind.org.uk](mailto:info@mind.org.uk)

- **Calm (Campaign Against Living Miserably)**

Tel: 0800 58 58 58 (5pm-midnight, 365 days/year)  
[www.thecalmzone.net](http://www.thecalmzone.net)

- **Shout**

24 hour text support on 85258  
<https://giveusashout.org/>

- **Mental Health Matters: The Haven @ 30 Clarence Street**

Mon-Fri 6pm - 10pm and Sat-Sun 12pm - 10pm  
Tel: 07483 141 310  
[www.mhm.org.uk/the-haven-30-clarence-street](http://www.mhm.org.uk/the-haven-30-clarence-street)  
Email: [haven.mhm@nhs.net](mailto:haven.mhm@nhs.net)

## **Rights during pregnancy, birth and postnatally**

- **AIMS**

Supports women and families to achieve the birth that they want.  
Tel: 0300 365 0663  
[www.aims.org.uk](http://www.aims.org.uk)  
Email: [helpline@aims.org.uk](mailto:helpline@aims.org.uk)

- **Birthrights**

Maternity care advice and information service.  
[www.birthrights.org.uk/](http://www.birthrights.org.uk/)  
Email: [info@birthrights.org.uk](mailto:info@birthrights.org.uk)

## **Pregnancy termination, pregnancy and infant loss**

- **Reflect**

Free support for anyone facing a pregnancy choice and support after pregnancy or neo-natal loss.  
Tel: 01904 676710; Text: 07517 624750  
<https://reflectyork.co.uk/>  
Email: [enquiry@reflectyork.co.uk](mailto:enquiry@reflectyork.co.uk)

- **Sands**

Provides bereavement support services.  
Tel: 0808 164 3332  
[www.sands.org.uk/](http://www.sands.org.uk/)  
Email: [helpline@sands.org.uk](mailto:helpline@sands.org.uk)

## **Domestic and sexual abuse support**

- **IDAS (Independent Domestic Abuse Services)**

Tel: **03000 110 110**

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

[info@idas.org.uk](mailto:info@idas.org.uk)

- **Survive (York)**

Provides support to male and female survivors of childhood sexual abuse, adult rape and sexual assault.

Tel: 01904 638813

[www.survive-northyorks.org.uk](http://www.survive-northyorks.org.uk)

Email: [survive@survive-northyorks.org.uk](mailto:survive@survive-northyorks.org.uk)

## **Making a complaint about health care**

- **NHS Complaints Advocacy Service**

[www.voiceability.org/about-advocacy/types-of-advocacy/nhs-complaints-advocacy](http://www.voiceability.org/about-advocacy/types-of-advocacy/nhs-complaints-advocacy)

- **York PALS (Patient Advice and Liaison Service)**

[www.yorkhospitals.nhs.uk/contact-us/patient-experience/patient-advice-and-liaison-service-pals/](http://www.yorkhospitals.nhs.uk/contact-us/patient-experience/patient-advice-and-liaison-service-pals/)

- **Healthwatch York**

<https://www.healthwatchyork.co.uk/your-feedback/>

Email: [healthwatch@yorkcvs.org.uk](mailto:healthwatch@yorkcvs.org.uk)

## **Welfare, family and employment rights**

- **Citizens Advice**

Benefits advice and signposting to financial help for new parents.

Tel: 0808 278 7895

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

- **Family Rights Group – dealing with Social Services**

Advises families about rights and options when social workers or courts make decisions about children's welfare.

Tel: 0808 801 0366

<https://frg.org.uk/>

Email: [office@frg.org.uk](mailto:office@frg.org.uk)

- **Maternity Action**

Protects and supports the rights of pregnant women, new mothers and their families to employment, social security and health care.

<https://maternityaction.org.uk/>

## **Others**

- **Kyra Women's Project**

Helps local women make positive change in their lives by offering course, therapies, life skills and events.

<https://www.kyra.org.uk/>

- **Homestart**

Supports families in the York area to help parents give their children the best start in life.  
<https://www.homestartyork.org/>