



Pregnant or recently had a baby, and in need of emotional support?

DadPad app.
From App store and Play store

Glos Maternity Voices Partnership lots of information and support
glosmaternityvoices.nhs.uk

Health visitor can provide support and advice
ghc.nhs.uk

Midwife
0300 422 5541

GP there to support your mental and physical health before, during and beyond pregnancy

NHS Let's Talk help with a wide range of emotional and psychological problems
0800 073 2200

Gloucestershire Domestic Abuse Support Service
01452 726 570

Baby buddy app
NHS approved with 24-hour text messaging support. From App store and Play store

NHS Mental Health Crisis Team
24 hours a day, 7 days a week
0800 169 0398

HomeStart supporting families through their toughest times
home-startgloucestershire.org.uk

Family Information Service a wide range of information to support families, children and young people
glosfamiliesdirectory.org.uk

Qwell online counselling, peer support & self-help resources; no referral needed
qwell.io

Call 111, or call 999 in an emergency

