



Support

New motherhood can be a challenging time for anyone, and while journaling provides a positive creative outlet for us, it can also bring up strong emotions and new feelings.

There are a number of organisations that can help to provide support and connection, like the ones listed here:

MATERNAL MENTAL HEALTH

Association of Postnatal Illness - advice, support and helpline/live chat
<https://apni.org/>

Cultural, Health and Wellbeing Alliance - an organisation that promotes cultural engagement and participation to support health and wellbeing
<https://www.culturehealthandwellbeing.org.uk/>

Heads Together - a campaign to tackle the stigma of mental health
<https://www.headstogether.org.uk/get-support/>

Hub of Hope - find mental health support services in your local area
<https://hubofhope.co.uk/>

International Forum for Wellbeing in Pregnancy - information, research and networking.
<http://ifwip.org/>

Maternal Mental Health Alliance - information for mothers and professionals, with help to find support locally.
<https://maternalmentalhealthalliance.org/>

Pandas Foundation - pre and postnatal depression support for mothers.
<http://www.pandasfoundation.org.uk>

MOTHER AND BABY

Birth Rights - help, advice and resources to promote human rights in birth
<https://www.birthrights.org.uk/>

Best Beginnings - resources and information, including the Baby Buddy app.
<https://www.bestbeginnings.org.uk/>

Bliss - a charity for premature and sick babies with information, resources and a helpline.
<http://www.bliss.org.uk/>

Maternity Action - information and advice about rights at work, maternity leave, breastfeeding with

a Free Maternity Rights Action Line.
<https://maternityaction.org.uk/>

Positive Birth Movement - find a local Positive Birth Group, along with resources and a blog
<http://www.positivebirthmovement.org/>

Pregnant then screwed - legal advice, mentoring and live events about rights for mothers. A personal and political account of motherhood
<http://pregnantthenscrewed.com/>

BIRTH AND BREASTFEEDING

Bump: How to Make, Grow and Birth a Baby and The Food of Love: Your Formula for Successful Breastfeeding - Kate Evans

Good Moms have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers - Karen Kleinman, with illustrations by Molly McIntyre

The Positive Birth Book: A new approach to pregnancy, birth and the early weeks - Milli Hill

Breastfeeding Uncovered - Amy Brown

Why Mothering Matters - Maddie McMahon

The Breast Book - Emma Pickett

ARTS IN HEALTH

Creativity and the arts are increasingly being recognised as vital tools that can help address mental health, wellbeing, and social challenges.

Below are a few examples of organisations that explore the creative possibilities of a range of arts activities such as dance, music, writing and visual arts to promote, protect and enhance health and wellbeing.

Arts and Minds – art and mental health charity delivering arts on prescription
<http://artsandminds.org.uk/>

Aesop Marketplace - a comprehensive list of Arts in Health arts organisations
<http://www.aesopmarketplace.org/>

Breathe Arts – a performing arts initiatives in healthcare
<http://breatheahr.org/our-programmes/>

Creative Health - The Arts for Health and Wellbeing Report by The All Party Parliamentary Group on Arts, Health and Wellbeing (making the case for Arts in Health initiatives)
<http://www.artshealthandwellbeing.org.uk/appg-inquiry/>

Performing Medicine - building a resilient, caring workforce through arts-based training for health professionals
<https://performingmedicine.com/>