



For better mental health



REACH

perinatal mental health
support helpline

It can be a great comfort to have someone to talk to, who understands what you are going through. If you are suffering from PNI, anxiety, depression, loneliness or isolation during or after pregnancy, or if you are a partner, family member or friend affected by PNI, we look forward to talking to you.

call 0117 975 6006

Open

Monday-Friday

10am-12:30pm

AND 2:30pm-9pm

service delivered by
Mothers for Mothers
mothersformothers.co.uk

AND from April 2018

now opening

Saturday & Sunday

8pm-midnight

service delivered by
Bristol MindLine
bristolmind.org.uk/reach

Mothers for Mothers and Bristol MindLine are working in partnership to deliver this service to the local community.