

Useful websites and contacts for Parents

Health visitors

- <https://myhv.lgt.nhs.uk/> - Health Visitors website for Lewisham. Information regarding health visitors, their role and also resource for a variety of useful information regarding children, parenting and support. Health Visitor contact number is in your child's red book. Lewisham Health Visitor hub **020 3049 1873**
Mon-Fri 8am-6pm

Children and Family centres.

- <https://www.lewishamcfc.org.uk/> -Lewisham children and family centres – Website detailing local family centres and what courses and support they offer as well as other child health information

Breast feeding

- <https://www.lewishamandgreenwich.nhs.uk/breastfeeding> - information regarding breast feeding and support and list of breast feeding hubs and times in Lewisham

Speech and Language

- <https://www.lewishamandgreenwich.nhs.uk/speech-and-language-therapy> - This website gives information regarding the service and what is available. There is a link to drop-in clinics
- <https://www.lewishamandgreenwich.nhs.uk/download.cfm?doc=docm93jjm4n597.pdf&ver=700> – Link to pdf with Drop-in clinics

Start4life

- <https://www.nhs.uk/start4life> - Information and advice from the NHS regarding pregnancy, birth and parenthood

Mental health

- <https://www.lewishamandgreenwich.nhs.uk/download.cfm?doc=docm93jijm4n2758.pdf&ver=3365> - link to leaflet regarding looking after Mental health in pregnancy
- Local and national information and support for Mental health:
 - SLaM (South London and Maudsley) free **24-hour mental health helpline 0800 731 2864**. For patients, carers and anyone who needs advice and help while in crisis or facing difficulties dealing with mental illness.
 - **IAPT (Improving Access to Psychological Therapies) Self-referral 020 3049 2000**. For adults 18 years plus, registered with a Lewisham GP. www.slam-iapt.nhs.uk/lewisham/accessing-the-service
 - Action for Post-Partum Psychosis www.app-network.org/what-is-pp/getting-help
 - Mindful Mums Group, run by Bromley and Lewisham MIND ww.blmind.org.uk/mindful-mums
 - The Association for Post Natal Illness (APNI) 020 7386 0868 www.apni.org
 - Pre and Postnatal Depression Advice and Support (PANDAS) 0843 28 98 401 www.pandasfoundation.org.uk/how-we-can-help
 - Anxiety UK 08444 775774 Text service on 07537 416905
Email: info@anxietyuk.org.uk pregnancy